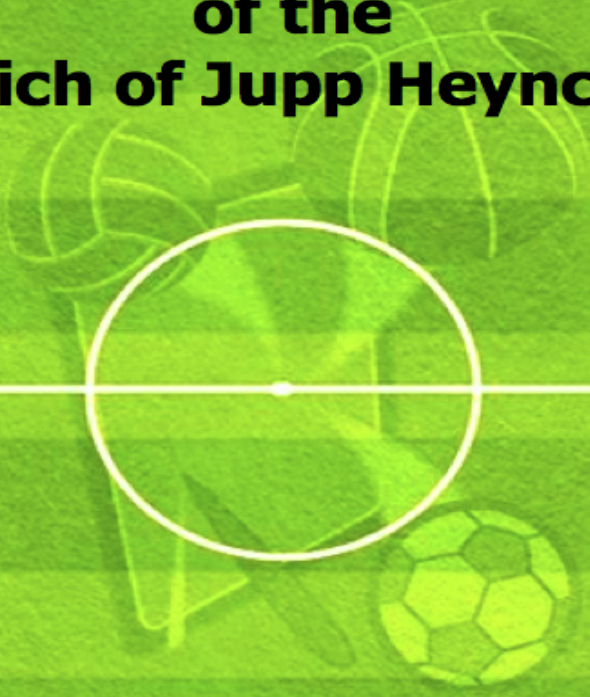
TACTICAL PERIODIZATION

A Practical Application for the Game Model of the FC Bayern Munich of Jupp Heynckes (2013-14)



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Originally published in Portuguese
Translated to English and Edited by Tony Almeida
English version Co-Edited by Courtney Almeida

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Dedication

To Dorisa, the love of my life.

To my family for the principles you have taught me and the unconditional love.

To Professor Vítor Frade that created the Tactical Periodization.

To Football (soccer)…

Introduction

Tactical Periodization is a football/soccer training methodology created by Professor Vítor Frade[1] in Portugal. It focuses on the operationalization of a specific way of playing[2] through the creation of a Game Model. It is, without a doubt, nowadays the most evolved way of training, used by some of the best football coaches in the world e.g. José Mourinho[3], André Villas-Boas[4] e Vítor Pereira[5].

In this book we address the main aspects of this training methodology, its Methodological Principles, the characterization of the Standard Morphocycle[6], the Principles of the Game and its Hierarchy, and the Modeling of a way of playing through Exercising Contexts[7] ("exercises"). Then we will analyze and demonstrate the Game Model played by FC Bayern Munich in the season 2012/2013 that captivated the football world with its achievements and its effectiveness and aesthetic.

We will finish with the operationalization of FC Bayern Munich's Game Model through the creation of exercises for the four Moments of the Game: Offensive Organization, Defensive Transition, Defensive Organization, and Offensive Transition.

We hope that this book clarifies to the readers the aspects one must account for when using the Tactical Periodization as a Football (Soccer) Training Methodology. It's our intention to let the Game Model of one of the best teams in the world be known and understood and explain how to achieve it through practice.

1. Tactical Periodization

According to Victor Frade, the father of Tactical Periodization, training must lead to learning a certain way of playing because any style of play is possible through this methodology. To use the Tactical Periodization as a training methodology it is fundamental to have an Idea of the Game[8] and organize it in a systematic way to be able to operationalize at a group level, by sector, inter-sector, intra-sector and individually. Per Frade, the Tactical Periodization has the "categorical imperative" of Specifity of the Idea of the Game.

Xavier Tamarit[9], a Tactical Periodization pundit in his own right, tells us that the Idea of the Game is the style that the coach as well as the players have in mind and would like the team to execute in competition. For that to occur, the coach must systematize his Idea of the Game in Principles, SubPrinciples and SubSubPrinciples to make it clearer to himself and his players.

"Periodization" because this Idea of the Game thought out by the coach will take time to be understood by the players through training and games. "Tactical" because everything must be operationalized considering the pretended Idea of the Game.

In Tactical Periodization, the whole process follows the logic of its Methodological Principles: SupraPrinciple of Specificity, Principle of the Complex Progression, Principle of Propensities, Principle of Horizontal Rotation in Specifity, and the MetaPrinciple of the Divine Proportion.

It's a training methodology that concerns with everything and knows what the smallest detail can influence the Process positively or negatively. It concerns with also attaining the idealized way of playing and in having the players' fresh to play or train - **players must perform always in Relative Maximum Intensity**.

Per Frade, the application of this methodology creates, in the players, a specific muscular sensibility for the planned game style. This then permits an individual evolution considering the specific functions of each player in the game. This individual evolution permits the team's growth.

According to Professor Frade the thought-out Idea of the Game will always have a level of unpredictability while applied to the game due to the players' characteristics, the opponents, etc., therefore the unpredictability aspect needs to always be taken into consideration during practice.

Furthermore, Frade states that there isn't a more individualized training methodology than the Tactical Periodization, because the players train according to their positions and functions. It is, however, an individual training which is specific to the pretended way of playing and not for an abstract individual training. He proceeds to alert us to the fact that we must always pay attention to the whole and the individual simultaneously.

All this will be achieved through the Standard Morphocycle that is conducted in a repeatable and systematic way and will lead to the operationalization of the game style pretended.

1.1. Methodology Principles of the Tactical Periodization

According to Frade, the SupraPrinciple of Specifity is what should determine the Tactical Periodization Process because it's a "categorical imperative" that is inherent in all other Methodological Principles. The other Methodology Principles of the Tactical Periodization are the Principle of Complex Progression, the Principle of Propensity, and the Principle of Horizontal Alternation in Specifity.

These Methodological Principles, per Tamarit should always be presented as connected and interdependent, therefore, permitting the existence of an Articulation of Sense[10].

Besides the Principles mentioned above there is also the MetaPrinciple of Proportional Divinity, which identifies the coaches that have the sensibility to adapt to the real context and all its particularities so to drive the Process to success.

1.1.1. SupraPrinciple of Specifity

As Tamarit notes, this SupraPrinciple is responsible for everything that takes place is in accordance with the way we want to play. This Specifity of our game contextualizes everything that is done. In this methodology, we consider *Specific* everything that is related to the Game Model that we are building.

The same author indicates that to have Specifity in an exercise, in addition to being related to the Game Model, it must also have the following characteristics:

The players must understand the objectives of the exercises, even the more individual ones, in relation to the whole game;

The players must be fully focused on the exercise throughout its duration;

The coach must have an appropriate and timely intervention before the players' interactions shown during the exercises.

1.1.2. The Principle of Complex Progression

Frade elaborates about this Principle by telling us that it's related to the growth of playing the game, with the weekly distribution of the content, with the next opponent, and with the change of our team because of an injury or suspension. Because the progression through the days, the weeks, the months, is not linear; it has to do with many situations, it makes complex.

Professor Frade further gives us guidance for the first days leading a new team. First, we need to identify all players with the details of the Game Model (the Principles that give it shape) – how we want the team to play. Afterwards we should systematize all the content according with the level of complexity, covering first the less complex content.

Tamarit refers to this aspect as a preoccupation with the complexity in the long-term and consists of organizing what is considered most important, that is, to define the break-down of the Game Principles and SubPrinciples so to achieve an evolution of our play. In other words, in the first days the players should have a general idea of the game we intend to play; afterwards, we will organize the criteria or the values by its complexity, establishing, therefore, the break-down of the Principles and SubPrinciples of the game to

achieve the evolution of our play starting from a simple way of playing to a more complex way of playing.

Tamarit also notes the complexity of this process; therefore, implying the training of some aspects evolve to more complex material, we must return to practice some of the aspects we have stopped executing. On some occasions, the possibility of process evolution is not achieved because the players have not grasped the simple concepts, etc. Due to all these situations, it's extremely important that the coach must always have his Idea of the Game present and systemized, and that he adapts as well as possible to its specific reality: MetaPrinciple of the Divine Proportion.

Frade also says that this Methodological Principle is related to the complexity that each day of the Standard Morphocycle has in order to determine if it is more or less complex in accordance with the day in question.

With respect to this point, Tamarit notes a focus on the complexity in the short term. He tells us that we must take into account the control and adjustment of the complexity of the exercises during each day of the Training Pattern so to fulfill an effort and a recovery coherent with the Tactical Periodization logic. Thus we have to manage the complexity of the exercises that we carry, so that all players in all practices and all games are the freshest possible and act always in Relative Maximum Intensity. Therefore, it is fundamental to understand that the complexity of the exercises is dependent on some variables such as:

- The complexity of the Principle(s) or SubPrinciple(s) and its articulation.
- The dominant SubDynamic of the effort and the pattern of muscular contraction which is involved in the exercise: recovery, tension, duration, velocity, and recovery/activation.
- The number of players who participate in the exercise.
- The dimensions of the game space where the exercise takes place.
- The time duration of the exercise.

1.1.3. Principle of Propensities

Frade tells us that propensity is when we want the players to act in function of a given context. Therefore, the coaches should create exercises to make what they want to happen, happen to and not to predefine behaviors, the behaviors we never know. **The fact we create contexts and not behaviors benefits creativity**.

Frade also states that it's imperative that the created exercise bring out originality in resolving the situation.

With respect to this Methodological Principle, Tamarit tells us that it consists of attaining, through an exercise, the emergence of what the coaches want the players to experiment. In other words, the coaches must model the exercise for the desired context. For that reason, the coach's intervention is very important. This intervention starts in the creation of exercises that are conducive for what the coaches want to cover. It continues through intervention during the exercise so it goes to the heart of what we wish with its creation. It ends in the final reflection right after the exercise.

Per Tamarit, this Principle is what permits for the Systematic Repetition to occur as it is so important in the learning process.

1.1.4. Principle of the Horizontal Alternation in Specifity

Per Frade this Methodological Principle tells us we should, at all times, train our way of playing, but not the same way we play. He also tells us that until the age of 14 or 15 it does not make much sense to take this Principle literally; however, it must be fulfilled, because of the growth and the normal development that youth players should have.

Tamarit tells us that the muscular contractions are characterized by its tension, duration, and speed. Although during the exercises these three are always interacting, the exercise may increase the dominance of one or other depending on the actions that take place.

This Methodological Principle, according to Tamarit, consists of always training in function of the Specifity that is the play idealized by the coach, without being in the same level of Specifity. In other words, we should always practice our way of playing, but the different levels of our play, both at the muscular contraction level as well as the alternation between the Principles and SubPrinciples of the Game, so to respect the emotional recovery and the recovery of the EffortPerformance within the different manifestations of the muscular contractions.

Maciel[11] states it is then a horizontal alternation to vary our play and to manage the binomials EffortPerformance and EffortRecovery that must be checked throughout the days that make up the Standard Morphocycle. The existence of a horizontal alternation enables, on the different days of the Standard Morphocycle, a mix of several things, without having this way dominances and priorities.

Tamarit also tells us that it will be fundamental within this alternation to have the correct understanding of the continuity and discontinuity that each training session must have to prevent excessive fatigue states. Depending of the training session day within the Standard Morphocycle, we should have some level of discontinuity.

1.1.5. MetaPrinciple of the Divine Proportion

Frade notes, regarding this Methodological Principle, that Divine comes from God and Proportion from the fact that some people have it and some people don’t.

Maciel says that this MetaPrinciple of the Divine Proportion depends on the art of each coach to manage with science a dynamic and complex reality. It is presumed the coach is knowledgeable, spends time reflecting on the matter, and has great intuition.

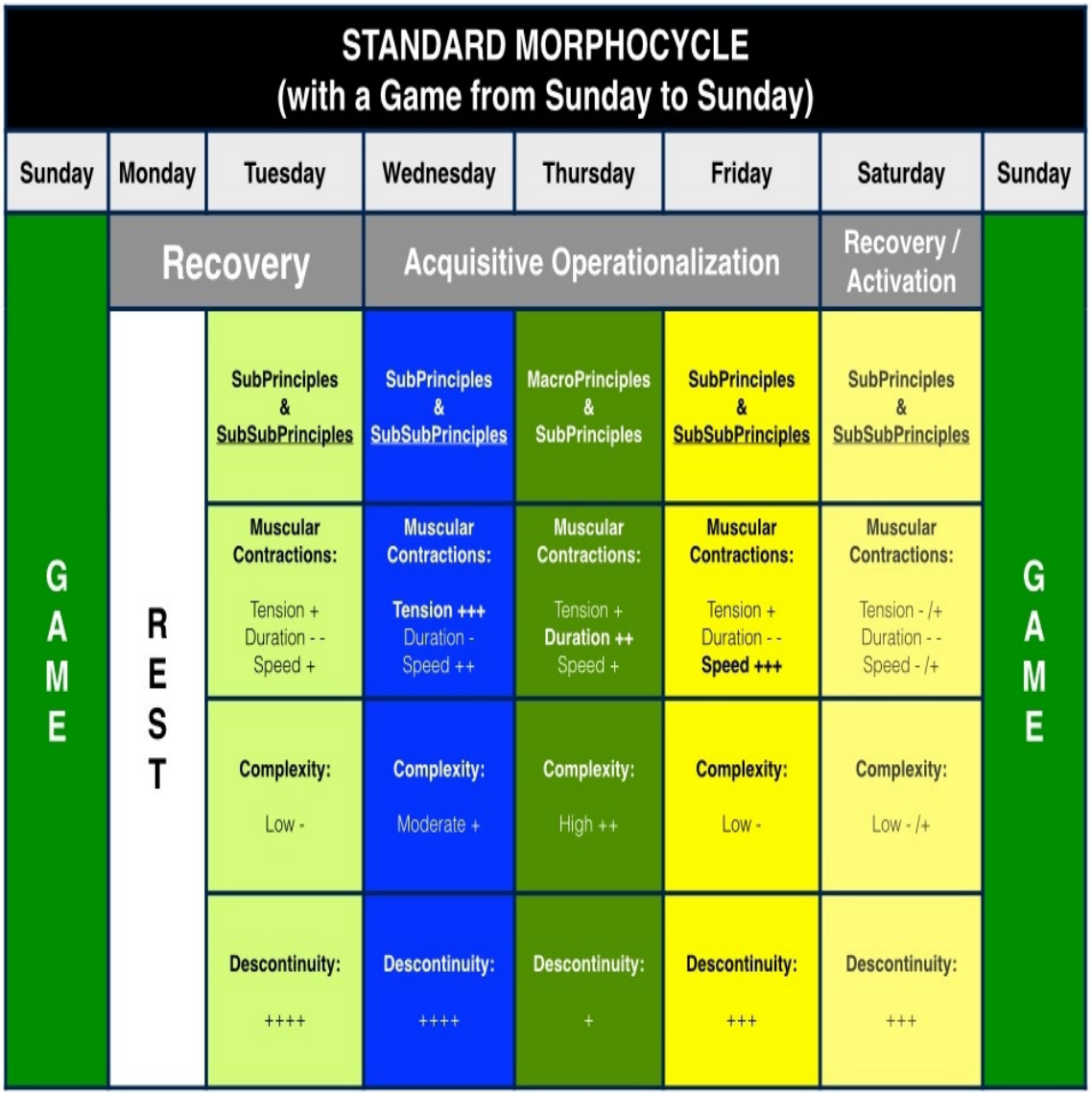
1.2. Standard Morphocycle (Weekly Training Cycle Pattern)

Frade calls it “Morphocycle” because one creates a cycle each week that is similar to the next cycle. “Morpho” (shape), because we wish for certain geometric configurations (shapes) in function of the way we wish the players to relate to each other and to undertake our Idea of the Game. “Pattern” because we must guarantee always, and at all times, the presence of our Idea of the Game (the pattern). We can then speak of a fractal[12] that allows us to fraction the Idea of the Game without ever losing its configuration. The Morphocycle is the fundamental element of the process. We should keep it constant throughout several weeks. Human beings are animals of habit hence it’s fundamental to create a comfort to the Morphocycle from the beginning.

According to the same author, the Morphocycle must also contemplate the recovery and the effort since at **top level we can only have acquisitive concerns in three days otherwise the players will enter fatigue states** and will not be able to have the same dynamism that we wish nor will they be able to have the pretended concentration level. The essential premise of the Morphocycle as well as of the Tactical Periodization is that the players are ready to exert another high demand effort only four days after exerting a high demand effort.

With respect to the color meaning, Frade clarifies that the emergency is the way we want to play soccer as it emerges from the reality. Therefore, since blue mixed with yellow produces green, green means emergency. Our focus should be to “paint” in the appropriate color – blue, yellow, green – so as not to focus predominantly on the same muscle contractions (fatigue indicators), but rather focusing on some days on one color and other days on another. This approach is intended not to compromise the players’ previous game recovery for the next game. Figure 1 depicts the Standard Morphocycle example with the characterization of each day.

Figure 1 – Standard Morphocycle (With A Game From Sunday To Sunday)



1.2.1. Sunday (Game Day)

For Tamarit, the games are fundamental for the planning of the Morphocycle that will be executed between two games. It's obvious that a game produces a very high wear at all levels: emotional, physical, etc. Thus the Morphocycle following a game will aim to recover the team so that it can reach the best possible conditions for the next game without, however, ignoring the evolution of our way of playing. We must also take into account

that some games produce more wear than others and in some games our Idea of the Game will be better executed than in others. All this should influence the creation of the subsequent Morphocycle.

Also important for the Morphocyle's planning is the opponent that we face in the next game. While we should maintain our Idea of Game, we can contemplate some strategic details that could benefit our team in the next match.

1.2.2. Monday: Day of Rest

In Tactical Periodization, usually the day of rest is the day following the game. While we know that at the physiological level the best approach to recover is to train as soon as possible after the game, the truth is that on an emotional level it is better to have a rest day right after the game and thus the recovery training session is set two days after the game.

Maciel gives us several reasons for making the day after the game a rest day such as: the players, due to fatigue or excitement, have difficulty sleeping the night of the game. Trips to/from games also impact players causing them to go to sleep later than is normal. These factors lead to a lack of sleep quality, therefore, leading to the extreme need of players to prolong their rest the day after the game.

1.2.3. Tuesday: Recovery Day "Specific"

In recovery, according to Frade, we must trigger, in energetic terms, the bio-energetic "ball" that is present in competition. Therefore, to recover, in the author's opinion, we should have a 3v3 "specific" in a short period of time and in a reduced space and repeat it after a long rest period. Recovery is not going to occur in exercises' intervals, due to the activation given in a reduced time during the exercise. We could say that the players train without training, maintaining the stimulus of the fundamentals but without tiring out.

The same author reinforces the idea that we must activate the specific biochemistry, but if the players recover performing slow exercises and low intensity they will not activate it. They only are able to activate it executing a

concrete 3v3 in a reduced space, during a short period, e.g. one minute. Frade also gives us examples to perform the recovery, such as beach soccer games, in the woods, foot-tennis in the gym, or even in 1v1 games. They must always have very short effort duration and a great recovery time between each effort.

Frade tells us that the recovery should focus on what was responsible for their fatigue; for instance, waking the body up with the same request but with a very short time does not allow further fatigue. If we do this five or six times, covering at least five recovery times, during forty-five minutes or an hour training session, we are doing something that costs nothing while killing two birds with a stone: Adaptability and Recovery. It is also very important to promote the playful part in the exercises. For instance, whoever loses has to take the other on a piggyback ride or has to pack the equipment. This emotionally engaged playful side is crucial in the recovery process. It is essential to create an environment that allows the appearance of enthusiasm.

Tamarit alerts us to the fact that this recovery has to involve the metabolic pattern that was used in our way of playing and that caused fatigue to our players. Thus, we need to promote exercises where there is a lot of intense effort (Maximum Relative Intensity) with a very short duration and plenty of rest between each exercise in order to promote the recovery processes.

The same author tells us that we must differentiate between the effort to be exerted by the players who played in competition sixty or more minutes, and the players who did not play or played thirty minutes or less.

According to Tamarit, those who played should be involved in low complexity exercises with a maximum intensity commitment with no acquisitive intent. It should be a very discontinuous training session with a very high recovery time between exercises. The muscular contractions on this day will be characterized by high tension and high speed but very short duration. The muscular contractions should be high but without density, lasting just a few seconds.

Regarding the players who did not play or have played less than 30 minutes, Tamarit tells us that these will have a different exercise – an exercise as similar as possible to the competition. The exercises demands

should be at all levels as similar as possible to the game bearing in mind that, no matter how similar, the exercise will always be less than the competition level.

The same author shows us another type of organizational exercise for this day that involves both those who played and those who didn't. During this effort, those who played will get recovery while those who did not play get a stimulus similar to the competition. This can be done with the players who have not played the game involved in the exercise. The players who played in the competition support the team in possession of the ball, thus allowing a pattern of muscle contraction very similar to the game but with a longer rest, thus enabling the recovery.

With respect to this day, Maciel tells us that the exercises for this day should have a dynamic very similar to that which we observe in competition. Thus, performance in this session's exercises should be characterized by very high intensities in line with those seen in competition. In Tactical Periodization, recovery is performed with a focus on the same matrix applied on match day. However, we must be careful to manage the exercises and recovery durations. Thus, the exercises shall be performed at a high intensity, but with very short duration exercises and a much longer recovery/rest duration that will be utilized to tune up the nuts and bolts, i.e. abdominals, elongations, etc. These long recovery/rest durations are critical since this is where aerobic metabolism will act in the removal of metabolites produced in the game which have since been stored and will be released during the high intensity exercises.

1.2.4. Wednesday: Day of SubPrinciples and of SubSubPrinciples with increased tension of the muscular contraction

Frade points out that this is the day of details, of the small principles (SubPrinciples and SubSubPrinciples), of more micro-plans, but always with the assurance that there is a significant density of eccentric contractions leading to tension increase in the details of our game. We then take the

players to develop purposes of our way of playing, which are SubPrinciples and SubSubPrinciples that have to do with the details of the game that the coach wants to play closer to the individual game or the 2v2 game (small dimensions of the play), and be the most suitable to yield a tension of high muscle contraction. Yet we must take into account that the exercises created, although having a significant increase in muscle tension, should be designed primarily to help the team play better and according to our Idea of the Game.

For Tamarit, it is important to realize that, although this is the first acquisitive training session, the team is still not fully recovered from the effort expended in competition. Therefore, they must continue to take into account the need for recovery on this day. As a key concern for this day will be the training of the SubPrinciples and essentially the SubSubPrinciples of the game individually, and across sectors, focusing on muscle contractions with significant increase in tension, there should be, in each exercise, a large number of eccentric contractions. This increase of eccentric contractions will be enabled by the existence in the exercises of a large amount of jumps, shots, tackles, accelerations, stoppages, changes of direction changes, etc.

The same author indicates that the MacroPrinciples and SubPrinciples exercises must be more complex than the Recovery day but less complex than the next day, since we must also be concerned with the recovery of the players at all levels. The SubPrinciples and especially the SubSubPrinciples of the game should be exercised in reduced spaces with a small number of players, with a very short duration, although this should not be the dominant on this day. Thus, there must be a predominance of repetitions each player does individually. Therefore, there should be several stoppages to obtain good recovery to allow the players to always exercise at a Maximum Relative Intensity, and always with the desired pretended alactic anaerobic metabolism. This need for several stoppages between each exercise to recover may cause the training to last longer than usual. This approach will also serve the tuning up of the nuts and bolts, by performing, during the intervals, stretching, abdominals, elongations, etc. This will be the most discontinuous of all the days that are part of the "acquisitive operationalization" of the Standard Morphocycle.

The exercises performed during this day must have obstacles as Maciel explains. It can be done, for example, by recreating the game with obstacles

in the exercise space. The obstacles added to the exercises will require adaptability and continuous readjustment by the players as to their movements and the interactions amongst them.

1.2.5. Thursday: Day of MacroPrinciples and of SubPrinciples with increased duration of the muscular contraction

To Frade, this day must address the game's MacroPrinciples based on the references demanded during competition. However, there is no need to use the entire field. This session should be the one with fewer interruptions. For instance, if it is necessary to create repetitive intervals, instead of performing two twenty-minute sessions or three fifteen-minute sessions, one may have four ten-minute sessions. Having short intervals on this day ensures that the logic of the process is being followed.

For Tamarit, only today, four days after the game, which required the maximum effort of the players, they will be fully capable of performing a new maximum effort demand. Therefore, this training session should be very similar to the competition, both in terms of collective interactions as well as of demands. The existence of some discontinuity on this day is essential because the next game is in three days. So, despite a maximum demand training session not requiring the same four days recovery time from a game, one must also ensure not to fatigue the players in such a way they are not fully recovered for the upcoming competition.

The same author tells us that on this day we should train MacroPrinciples and the SubPrinciples of the game and the relationship between them. Thus we need to train the team with all or almost all of the sectors involved. This will then be the training day demanding the most emotional fatigue as it will be the day of exercises with greater complexity. It will also be the day more like the game as to the level of effort/performance because the exercises must take place in larger spaces, almost all of the playing field, involving as many as all eleven players per side. The exercise's duration must be high without

forgetting the need for some discontinuity within continuity. It is absolutely necessary at all times to train in Maximum Relative Intensity.

With respect to this day, Maciel describes the necessity of having exercises so the players experience aspects of our game, but in smaller spaces. This will allow the muscular contraction of this day to be very similar to that of the competition, characterized by reduced tensions and lower speeds than those of the previous day but of longer duration.

1.2.6. Friday: Day of SubPrinciples and of the SubSubPrinciples with increased speed of muscular contraction

Tamarit, in relation to this day, refers to the need to reconsider the recovery at all levels, either because it is a day that is close to the next competition or because it is the day following the day of a more demanding workout. We then decrease the complexity of the exercises compared to the previous day. For this we must train the SubPrinciples and SubSubPrinciples of the Game at sectoral, intersectoral, and especially the individual level. These exercises should also allow the increased speed of the muscular contraction.

The same author alerts us to the fact that we need to create exercises that focus on the individual level with many bursts of speed. These very short duration exercises will allow achieving high speed muscular contractions with high tension at the start of the action. The exercises should have little opposition, be executed in reduced spaces, have a small number of players, and short duration. In order to reduce the complexity, not forgetting that this is still a day with acquisitive concerns, we should exercise aspects already assimilated, that is, belonging to the realm of the subconscious. On this day there should also be a lot of discontinuity, i.e. many intervals between the sessions to enable players to recover adequately so at all times they perform in Maximum Relative Intensity. This is critical since the players can work out without becoming fatigued and utilize the anaerobic alactic metabolism which supports our play.

To Maciel, the dominant muscle contraction of this day should be characterized by the presence of high velocity, with a short duration, but not maximum tension. The exercises should be prone to the occurrence of actions that permit the maximum contraction of the muscle fibers and at the same time also prone to a reduced density of the eccentric contractions. To make this possible, the exercises should be conducted in small spaces, with few players, and for short duration periods. Another thing to keep in mind for this day, and it differs from what we do on Wednesday, is that the exercises should not contain obstacles, i.e. should have little contextual interference and little unpredictability, motive for which the opposition should also be reduced. We can then say that this day should be a straight line race, without jumps, changes of direction, sudden stops, accelerations, etc.

The same author also tells us that the propensities of this day must lead to the occurrence of actions that predominantly demand the motor/effector dimension of the movement. The actual execution, which has duration of 1/3 in length compared to the time required to perform an action. The remaining two thirds are intended for awareness and decision – the cognitive dimension of the movement. This day will then be devoted essentially to the know-how, whereas the previous two days will be devoted mainly to the know-how of what to do. Otherwise, players will be mentally fatigued on competition day.

1.2.7. Saturday: Day of Recovery with Activation

Being the day before the game, Tamarit reminds us of the urgent need to take into account the recovery. Therefore, we should approach aspects of our way of playing in reduced scales. Simultaneously, being the day before the game, we should activate the body for the next day. This should be a day when there will be a review of what has been trained on the previous days of Morphocycle, performing exercises that do not require great complexity and that demand maximum commitment but in very short periods of time. This day should also have many intervals between the exercises, making it very discontinuous.

In relation to this day, Maciel tells us that the muscle contraction system should be characterized by high tensions and speeds, but of low density and

short duration. The exercises may vary on the number of players involved as well as on the field dimensions, according to the level of organization (individual, sectorial, cross-sectorial and collective) on which the coach may want to focus.

According to Maciel, the exercises, from the lowest acquisitive demand that should characterize them, should assume a more informal character due to the need to recover and to enable the players for the next day's match without fatiguing them. Therefore, the exercises should present game-like situations, albeit on a smaller scale and with reduced implied fatigue. The exercises should recreate the game, our way of playing, and the possibility that the same way of playing shows up on the following day in the match. The main objective of this day is to play up the players in order to trigger some of the dynamic automatisms we want for the team and also to remind them all of what they have practiced over this week's Morphocycle.

Through the characterization of each of the days that make up the Morphocycle, we may conclude that some days will consist predominantly of Recovery and other days will consist dominantly of Acquisition[13]. Maciel uses *dominantly* because in every day of the Morphocycle, to a greater or lesser extent, the acquisition of our Idea of the Game must always be present for the operationalization, including the recovery, and must be made in specificity.

Regarding this aspect, Tamarit tells us that Professor Vítor Frade constantly points out that the recovery and acquisition should be understood as two sides of the same coin. Furthermore, they must be two dimensions on the same side of the coin. That is, both must exist on both sides of the coin with different percentiles on each face.

2. The Game Model

To begin, Frade tells us that first is the Idea of the Game and only then comes the Game Model. Thus, we can say that the Game Model is everything because it is the Idea of the Game plus the circumstances of the reality in which we live. The Game Model is, therefore, the attempt to create the Idea of the Game that the coach has. The author reinforces the idea that the Game Model is everything, including those unknowns at the outset.

Frade also tells us that the fact that there is a previous intent, the Idea of the Game, it allows us to carry out a better process than if we did not have any idea. The coach's Idea of the Game should be set early in the process and shown to the players so that they can identify with what is desired. This is only possible if the players identify with the Game Principles that are part of the initial Idea of the Game. We can then say that the Game Model is a picture of the reality which will later be used as a model. In this modeling, there will be proximity between the real model (what actually happens in a game) and the initial idea of the coach (what he initially wanted to have happen).

Regarding the Game Model, Tamarit notes that what happens regularly during the team's play defines it, therefore, subjecting it to a qualitative evaluation. The Game Model is also what exists in structural and functional terms and allows a team to demonstrate its identifiable characteristics.

Tamarit tells us that the Game Model is the initial Idea of the Game of the coach adapted and conformed to reality. Therefore, it must have all the game Moments: Offensive, Defensive, Defensive Transition, Offensive Transition, Offensive Strategic Schemes, and Defensive Strategic Schemes. In containing the Moments of the Game, it allows the team to deal better with the characteristics of the instances, through its Game MacroPrinciples, SubPrinciples, and SubSubPrinciples which will guide the whole process from the first to the last day of the season looking to achieve a certain way of playing. However, it's fundamental never to lose the sense relating to what is pretended from all moments. Lastly, we can then say that the Game Model is the game that our team plays, through the adaptation of the initial Idea of the Game to the existing reality: country, club, history, fans, players, opponents, etc. It's also important not to forget that the operationalization of the Game

Model must be executed considering various dimensions/scales: Collective Dimension, InterSectoral Dimension, Sectoral Dimension, and Individual Dimension.

According to Maciel, the Game Model is composed of many aspects, some related to the coach's choice, such as concept of game, training methodology, approach to operationalize the process, etc and others more related with the reality which we are faced with, e.g. belief in the players, directors' ideas, country and club history, material and human conditions, competition reality, etc. So the **Game Model is everything** and a result of the aforementioned strong, dynamic interaction amongst all the aspects that support it.

2.1. The Different Moments of the Game

Oliveira[14] tells us the Moments of the Game may show up randomly, not sequentially, since the order in which they appear can't be predicted. Taking this into consideration it can be said that the game consists of the different Moments of the Game associated with each other (Silva, M[15]).

Although we make this separation in the different Moments of the Game, we must always consider the Unbreakable Wholeness that must characterize the game as well as the Directional Articulation amongst the various Moments of the Game. In other words, the MacroPrinciples for each Moment of the Game must allow that the other Moments of the Game MacroPrinciples may be executed. For instance, if we have, as a MacroPrinciple for the Offensive Organization, the management and ball possession, we can't, when we win it in the Offensive Transition lose it immediately because we want to execute a fast transition without securing the maintenance of ball possession.

The different Moments of the Game are: Offensive Organization, Defensive Transition, Defensive Organization, and Offensive Transition. We may also include the Offensive Strategic Schemes and the Defensive Strategic Schemes.

2.1.1. Offensive Organization

Oliveira characterizes this moment as being the behaviors that the team assumes when they have possession with the objective to prepare and create offensive situations to score a goal.

2.1.2. Defensive Transition

With respect to this moment, Oliveira characterizes it as being one of the behaviors that must be adopted during the seconds immediately following losing possession. These seconds are of extreme importance since both teams will be momentarily disorganized for the new functions they must assume, therefore, both must take advantage of the opponent's disorganization.

About the Transition concept, Frade notes that it is the moving from one mental configuration to another while attaining the highest qualitative level if executed collectively. The speed of execution has various dependencies.

2.1.3. Defensive Organization

This moment is characterized by Oliveira as being a behavior the team assumes when they don't have the ball with the objective to organize themselves to prevent the opponent from building and creating goal-scoring situations.

2.1.4. Offensive Transition

This moment is characterized as being the behavior to be adopted in the seconds immediately after the ball recovery. These seconds are of extreme importance since, just like in the defensive transition, both teams are momentarily disorganized for the new functions they must assume, therefore, both must take advantage of the disorganization of the opponent for their own benefit[16].

2.2. Game Principles

Frade characterizes the Principles as benchmarks that must guide us to promote the logical development of certain things over others according to our view of the Idea of the Game.

Maciel tells us that the Principles are patterns of intentionality in relation to the game we pretend to play and they support the criteria shown by the various team levels such as individual, sectorial, inter-sectorial, and group. By occurring regularly, the Principles are going to create an identity and functionality in the various Moments of the Game. The Principles will also appear as ideals of interaction, both of cooperation and conflict that must occur regularly.

To operationalize the Idea of the Game, we can hierarchize our concerns for the acquisition of a certain way of playing into MacroPrinciples, SubPrinciples and SubSubPrinciples.

2.2.1. MacroPrinciples of the Game

The MacroPrinciples refer to the general outline of our style of play, the macro dimension.

J.G.Oliveira, N. Amieiro, & V. Frade, circa 2008, give us as examples the MacroPrinciples of each Moment of the Game as follows:

- Offensive Organization: Possession and ball circulation with the general objective of unbalancing the defensive structure of the opponent in order to take advantage of its disorganization and unbalance to score a goal.
- Defensive Transition: Pressure on the ball carrier and the space near the ball with the general objective to take advantage of the "offensive" disorganization of the opponent to: win ball possession or become defensively organized.
- Defensive Organization: Pressing zone with the objective to condition, direct, and pressure the opponent to force the error and regain ball possession.
- Offensive Transition: Move the ball from the pressure zone with the objective to take advantage of the opponent's defensive disorganization to give safety distance or to start the offensive organization.

2.2.2. SubPrinciples of the Game

The SubPrinciples are the intermediate components that support and embody the outline of our way of playing (meso[17] dimension). That is, these are the ideas that will materialize the MacroPrinciples of the Game.

Oliveira gives us a very clear example of the breakdown of its way of playing by organizational levels: MacroPrinciples and SubPrinciples:

MOMENT OF THE DEFENSIVE TRANSITION
MacroPrinciple of the Game
Immediate pressure to the ball carrier and the surrounding space
SubPrinciples of the Game
• Players change of attitude from the Offensive Moment to the Defensive Moment with the objective to recover the ball right away or prevent a counter-attack or an opponent's goal;
• To close the lines between sectors to get into Defensive Organization or to help with the pressure on the ball with the objective to create a pressure zone in the area where we lost possession;
• Compact the team to create various deep lines with the objective of having permanent support amongst all players;
• To force the opponent to play wide of our team when we can not recover possession with the objective of cornering the opponents in the wings so it's easier to recover possession again.

FIGURE 2 - MOMENT OF THE DEFENSIVE TRANSITION

2.2.3. SubSubPrinciples of the Game

With respect to the SubSubPrinciples of the Game, Frade notes that these are the Principles that coaches are less able to control as they are a result of succeeding with the MacroPrinciples and the SubPrinciples. They are a result of setbacks and players' behavior. However, if they occur often, they can become an undesired routine. Frade also gives us the following example: an Outside Back that closes the gap between himself and the Center Back, but in a given game doesn't, ends up creating an unwanted relation between himself, the Center Back, and the other teammates. This is a SubSubPrinciple and the coaches must pay attention to these situations. In a Morphocycle practice after such game, the coach must show that Outside Back, preferably through images, such situation and arrive at an understanding about the unwanted consequences from such behavior. We may also, through the exercises in that Morphocycle, address that situation so that the outside back understands the unwanted consequences to his team, e.g. allowing opponents to take advantage of the gap.

Maciel tells us that the SubSubPrinciples are the micro aspects, the details that we don't know at first, since they show up through the process dynamics emerging from the application of the more complex levels: MacroPrinciples and SubPrinciples. Because they are unknown, at first we can not and should not we establish them from the beginning; they are details that show up and we can take advantage of, so that our style of play may evolve, but always without losing the initial outline.

2.3. Structural Organization of the Team

To Maciel the structure is the shape, a certain geometric configuration. This structure must be expressed dynamically and at the same time varying without losing functionality. These aspects will be assured through the existence of substructures, both fixed and mobile. The fixed substructure results from the more positional placement of the "spinal-cord" players, e.g. Keeper, Center Backs, Center Midfielders and Center Forward; the mobile substructure must be around the fixed substructure and be composed of the remaining players.

According to Cano[18], the structure level of the team is characterized by the placement of the players in their space of intervention and its relation with the space of the remaining teammates as to width and depth. From here is born the number of lines and the distribution of each player within those lines, according to its specific position.

Maciel points out the fact that certain structures may favor or disfavor the desired style of game. As such, the geometric configuration of the team is a very important aspect of the development and materialization of the dynamic and collective intentions. Therefore, coaches must keep in mind the advantages and disadvantages of each structure for the materialization of the idealized style of play to make an informed and conscious choice.

Moreover, Maciel tells us that we should know that the same structure according to the players that play and to the position they play, leads or may lead to different dynamics. It's also critical to make the correct choice of players for each position, for a more micro level the desired style of play we wish for therefore benefiting the team at a more macro level.

3. Modeling the Way of Playing through Exercises

With respect to this topic, Frade tells us that an exercise, when it is lived and experienced, leads to postures, attitudes, and behaviors, many of them resulting from the familiarization to these exercises. In these exercises, it's critical to involve the players emotionally in the game we aspire to play. Thus it's necessary that the players understand certain exercises even if fractioned and within the totality of our way of playing. This aspect is fundamental since practice is not always the whole game but just a part of the whole game. So it's essential that the players know what part is that of the whole game. The same author alerts us that all exercises we create, in spite of more or less complexity, must always express the way we wish to play. That is, they must have the same geometric configuration, thus allowing surfacing of the desired dynamic for our way of playing. These exercises must focus on the whole; however, the whole is only guaranteed as such if the players that compose the whole are able to express their individual maximum in that whole.

Frade elucidates us about the aspect above, resorting to the Hologramatic Principle of Edgar Morin, by saying that since the whole is composed of parts, we need to be sure that the parts don't regress and evolve, and only by focusing on those parts may we have that assurance.

Tamarit states that the exercises only will be specific to our way of playing if the players understand their objectives and their purposes in relation to our play. He also states that whichever the exercise, more micro or more macro, with all the moments of the game or just a few, there always must exist an unpredictability that is intrinsic to the way of playing, so as not to break its Unbreakable Wholeness. It's critical that the players don't have an absolute control of the exercises.

Regarding the process of exercises' creation, Maciel tells us it results from contemplating various aspects, including those related to training content as well as those related to how to train. A key condition involves knowing what you want to train: at a general level this has to do with what we want to happen in our play and the particular level has to do with what to do on each

training day. The parameters that the author uses are the following: scales of playing experience on each day of training: macro, subprinciples and subsubprinciples; levels of organization of the team: individual, sectorial, cross-sectorial and collective; the dominant pattern of muscle contraction; the space; exercise and rest duration; the number of players involved; the need for recovery; and assure the desired dominant metabolic pattern and the emotional stress. Finally, Maciel warns us that the exercise is potentially only acquisitive, but regardless of what it is for, must be fed by the intervention quality, the management of the performances quality, the exercises duration, the rest periods, and the emotional component. It is for these reasons that with the same exercise we can obtain numerous results. The table in the next page depicts an Exercise Creation Guide according to the logic of the Tactical Periodization.

FIGURE 3 – EXERCISE CREATION GUIDE

EXERCISE CREATION GUIDE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Scales of the Style of Play	DAY OFF / REST	SubPrinciples & SubSubPrinciples	SubPrinciples & SubSubPrinciples	MacroPrinciples & SubPrinciples	SubPrinciples & SubSubPrinciples	SubPrinciples & SubSubPrinciple	GAME
Team Organizational Levels		Sectorial	Individual, Sectorial and Intersectorial	Collective	Individual, Sectorial and Intersectorial	Individual, Sectorial and Intersectorial	
Dominant Pattern of Muscular Contraction		Recovery	Tension	Duration	Speed	Recovery / Activation	
Space Dimensions		Small	Small	Large	Small	Varies	
Number of Players		Small	Small	Large	Small	Varies	
Complexity		Low	Moderate	High	Low	Low	
Exercises Duration		Short	Short	"Long"	Very Short	Short	
Exercises Density		1/8 - 1/9	1/4	3/1 - 4/1	1/8 - 1/9	1/10	
Dominant Metabolism Type		Anaerobic Alactic	Anaerobic Alactic or Lactic Residual	High Intensity Aerobic	Anaerobic Alactic	Anaerobic Alactic	
Situations Types		Similar to Competition	Those which require more effort (jumps, stops, changes of direction, etc.)	Very similar to the Game	That promote a high speed of decision and execution but without great tension	Similar to the Game but in a smaller scale and without provoking fatigue	
Context Type		With lots of enthusiasm	With lots of obstacles	With the interaction of bigger numbers	With few obstacles	More informal	
Training Session Duration		45 to 60 minutes	90 minutes	90 minutes	90 minutes	45 to 60 minutes	

4. The Game Model of FC Bayern Munich

This Game Model is based on the 2011/13 FC Bayern Munich, coached by Jupp Heynckes, who became immortal by winning the Champions League, the Bundesliga, and the Germany Cup in 2012-13. Besides these wins, the football FC Bayern Munich played under Heynckes, for its aesthetic and efficiency, should become a reference for the evolution of football.

4.1 Distribution Structure and Position of the Players

We can see in the subsequent picture, that FC Bayern Munich creates six horizontal lines across the field deployed as 1x2x2x2x3x1. The first line has the Keeper, the second line has the Center-Backs dispersed wide, the third with the Outside Backs, the fourth composed by the two Center Midfielders, the fifth composed by the two Wingers who play very wide and a an Attacking Midfielder between them, and the sixth formed by the Center Forward which is responsible for creating the most depth for the team.

The picture below depicts the positional numbers utilized in Chapter 5 to address the exercises.

Figure 4 – FC Bayern Munich 2012-13 Starting Line Up (Jersey Numbers)

The picture below depicts the actual jersey numbers utilized by the starting line-up of FC Bayern Munich in 2011-13.

Figure 5 – FC Bayern Munich 2012-13 Positional Numbers

JERSEY #	POSITION #	PLAYER	POSITION
1	1	Manuel Neuer	Keeper
21	2	Philipp Lahm	Right Back (Outside Back)
17	4	Jerome Boateng	Center Back (Right)
4	5	Dante	Center Back (Left)
27	3	David Alaba	Left Back (Outside Back)
8	6	Javier Martinez	Center Midfielder
31	8	Bastian Schweinsteiger	Center Midfielder
10	7	Arjen Robben	Right Mid / Right Winger
25	10	Thomas Muller	Attacking Mid
7	11	Franck Ribéry	Left Mid / Left Winger
9	9	Mario Mandzukic	Center Forward

4.2 The Principle of the Game Model of FC Bayern Munich

In this Chapter, we are going to focus, without forgetting the Unbreakable Wholeness, on the Principles of the Game Model of FC Bayern Munich through the Moments of the Game: Offensive Organization, Defensive Transition, Defensive Organization, and Transition to Offense.

We will start with the general characterization of the complete Game Cycle, with the relationship between each Moment of the Game, the MacroPrinciples and the Objectives desired for each one of them. Please note this was done to simplify the understanding of the Model, as we may not forget that all Moments of the Game are inter-related hence influencing each other.

Offensive Organization
"Possession and Ball Circulation to Attract the Opponents"
Get the ball out of the zone where it was recovered (pressure zone) and take advantage of opponent's defensive disorganization to put it deep (without risking losing it) or to start our offensive organization
Disorganize and disrupt the opposing team to take advantage of the spaces created in the back of their last defensive line
Offensive Transition
"Take Advantage of the Opponent's Defensive Disorganization to Score"
GAME CYCLE
Defensive Transition
"Prevent Ball Progression to Recover it or to Get Organized Defensively"
Condition, direct and press the opposition to cause errors and recover ball possession
Immediately press the ball carrier and the space around the ball to take advantage of the opponent's "offensive" disorganization
Defensive Organization
"Pressing Zonal Defense in Intermediate Cohesive Block"

FIGURE 6 - FC BAYERN MUNICH 2011-13 GAME CYCLE

4.2.1. Offensive Organization

This is the Moment of the Game when the team has ball possession and has the objective to build the offensive game, the creation of finishing situations, and the efficient finishing of its attacking actions.

The FC Bayern Munich has its **Game Macro Principle** in this Moment the "**Possession and Ball Circulation to Attract the Opponents",** that is executed with the objective to disorganize and unbalance the opponent to take advantage of the spaces behind the last line of defense.

For sake of clarity we will sub-divide this Moment of the Game into Three Phases.

The **1st Phase**, also known as the **1st Build Phase**, can be defined as the **Offensive Game Build-up** with the objective to progress on the field overcoming the opposing team's defensive lines. Normally it's initiated when the ball is with the Keeper, hands or feet or with the Backs who are in their own Back Third.

FC Bayern Munich has the following Game SubPrinciples in the 1st Build Phase – Offensive Game Build-up:

"Good Positional Balance" – Center Backs spaced out, Outside Backs deep, and Center Mids in front of the two Center Backs, occupying the field in all its width and all of the team's midfield half:

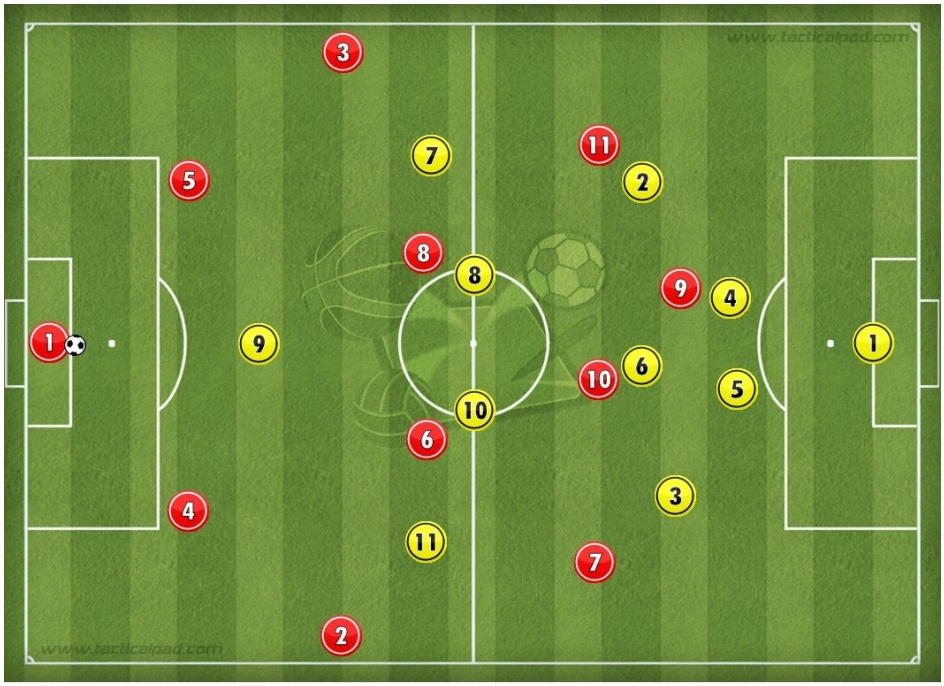


FIGURE 7 – OFFENSIVE ORGANIZATION: GOOD POSITIONAL BALANCE

"Defensive Line Of Three" - Creating numerical superiority on the defensive line to be able to move the ball in the back by dropping back one Center Mid to position himself in between the Center Backs or to the outside of them; the Center Mid is normally more apt to deliver a long ball to the more advanced players:

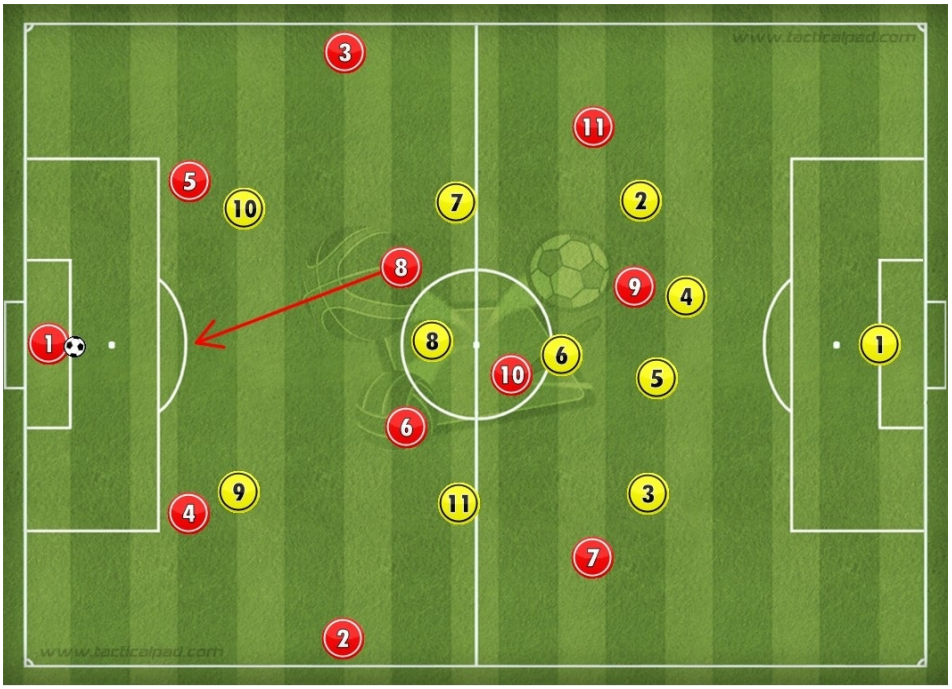


FIGURE 8 – OFFENSIVE ORGANIZATION: DEFENSIVE LINE OF THREE

"Keeper with Excellent Feet" – Keeper with a great capacity to receive the ball from both sides, able to play with both feet and place the ball in opposite side (weak side) to take the ball away from the pressure zone:

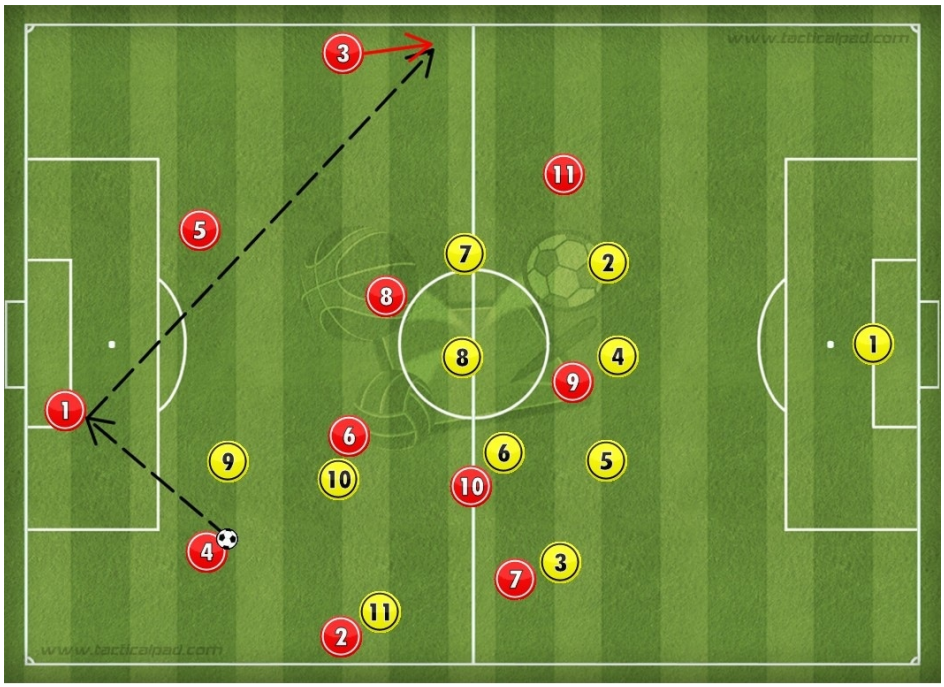


FIGURE 9 – OFFENSIVE ORGANIZATION: KEEPER WITH EXCELLENT FEET GAME

"Pass to Attract" – Center Backs pass the ball to the Center Mids, who under pressure can't turn hence play back to the Center Backs so they play long to the more advanced positioned players. By making the opponents move up in the field with the pass to the Center Mids, they can take advantage of the space behind the defensive lines, particularly the space behind the opponents' outside backs:

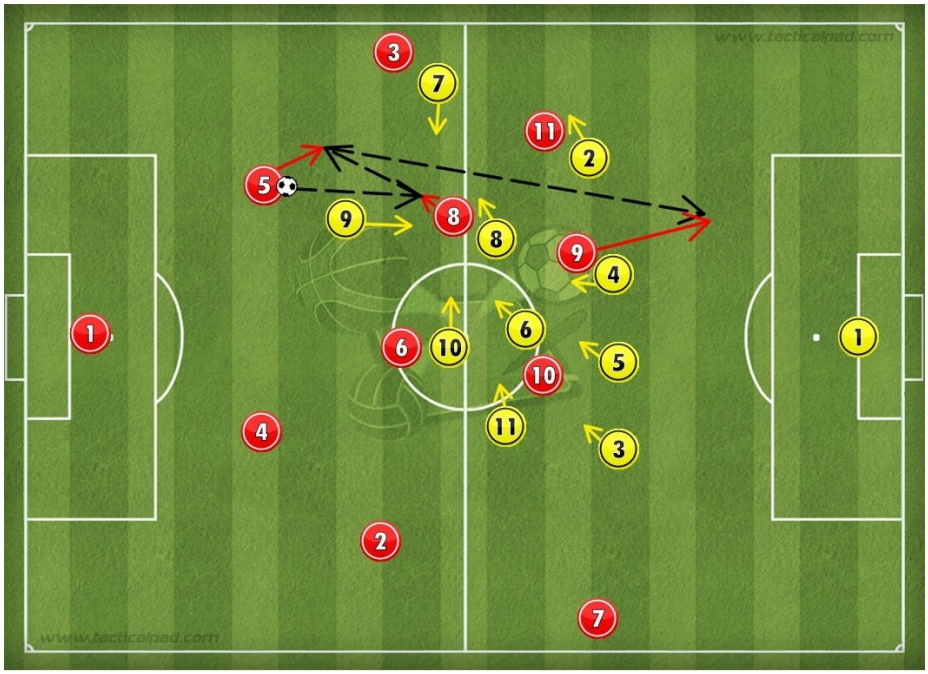


FIGURE 10 - OFFENSIVE ORGANIZATION: PASS TO ATTRACT

"Playing Direct" – The Keeper or the Backs, when under pressure, connect with the more advanced players through a long pass. The more advanced players must be as wide and as deep as possible to create a big field. The long ball can be played to a Target Forward that knocks the ball to a teammate or by winning the second ball through the Mids or by playing the ball to the space behind the Outside Backs to take advantage of the fast wingers. Some examples:

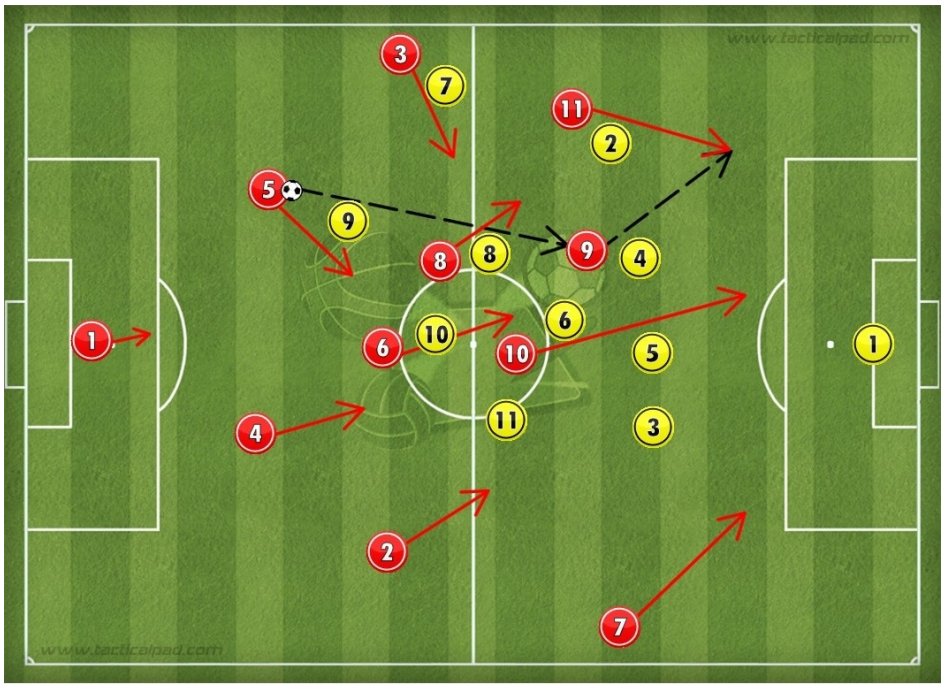


FIGURE 11 - OFFENSIVE ORGANIZATION: PLAYING DIRECT (1)

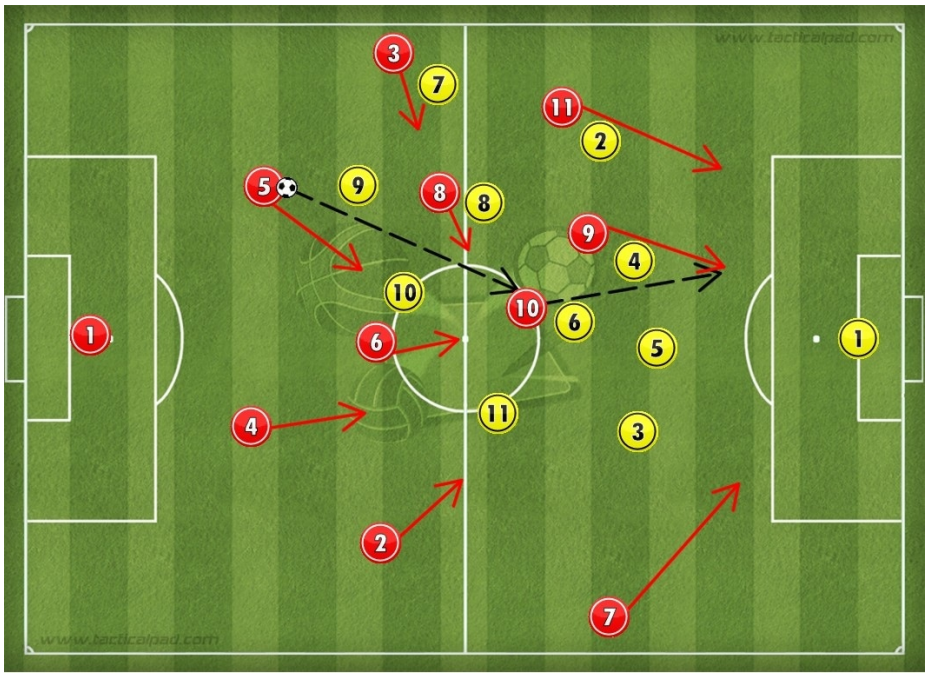


Figure 12 - Offensive Organization: Playing Direct (2)

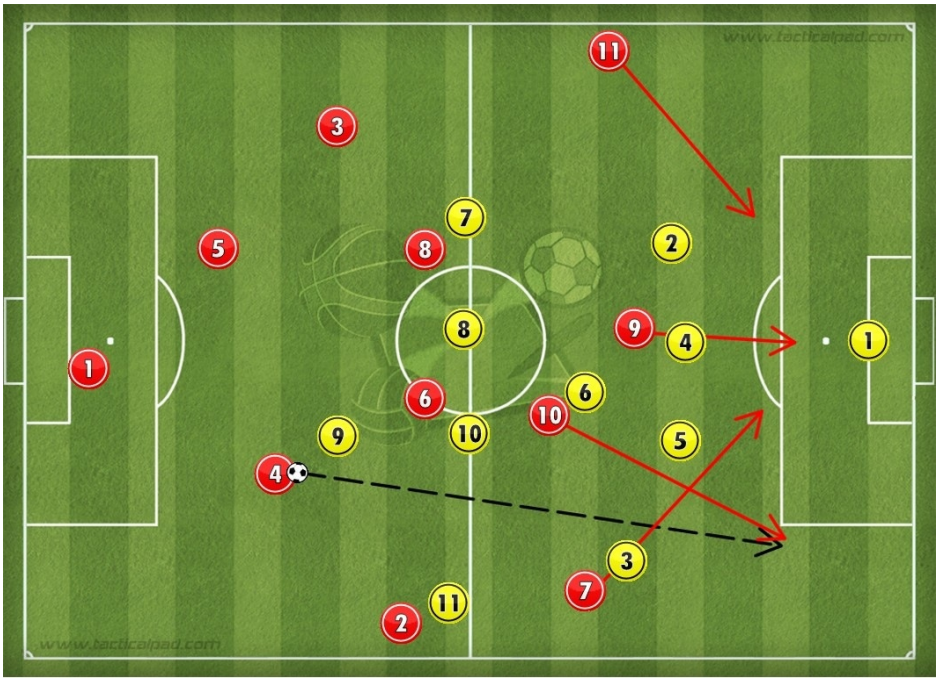


Figure 13 - Offensive Organization: Playing Direct (3)

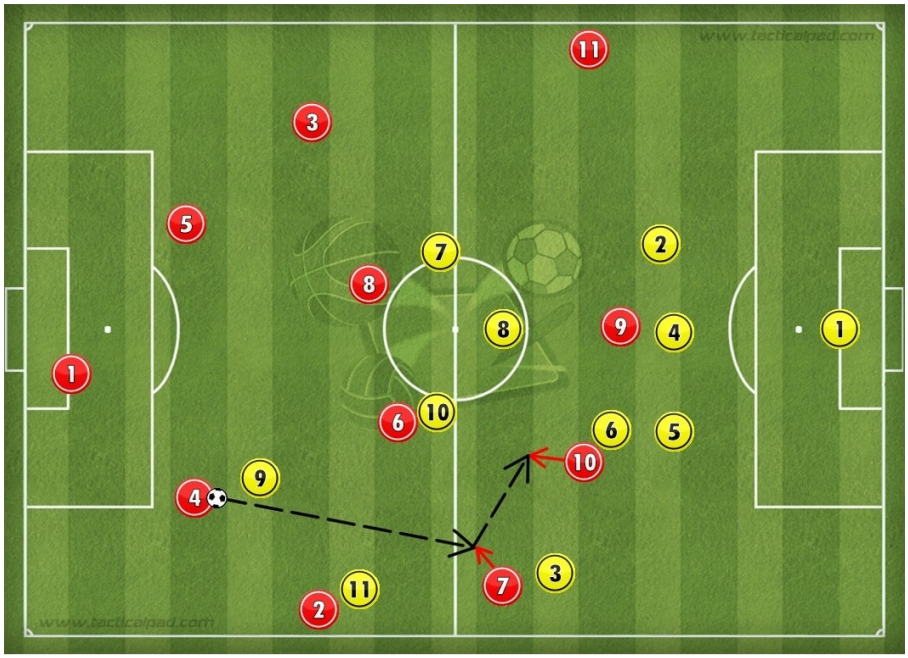


FIGURE 14 - OFFENSIVE ORGANIZATION: PLAYING DIRECT (4)

"Offensive Unity" – When the ball is played long to one of the more advanced players, all players must move up in the field using the center circle as a point of reference. By moving up the team it is in a position to win the second ball as well as to circulate the ball in addition to facilitating the execution of other Moments of the Game – "Unbreakable Wholeness":

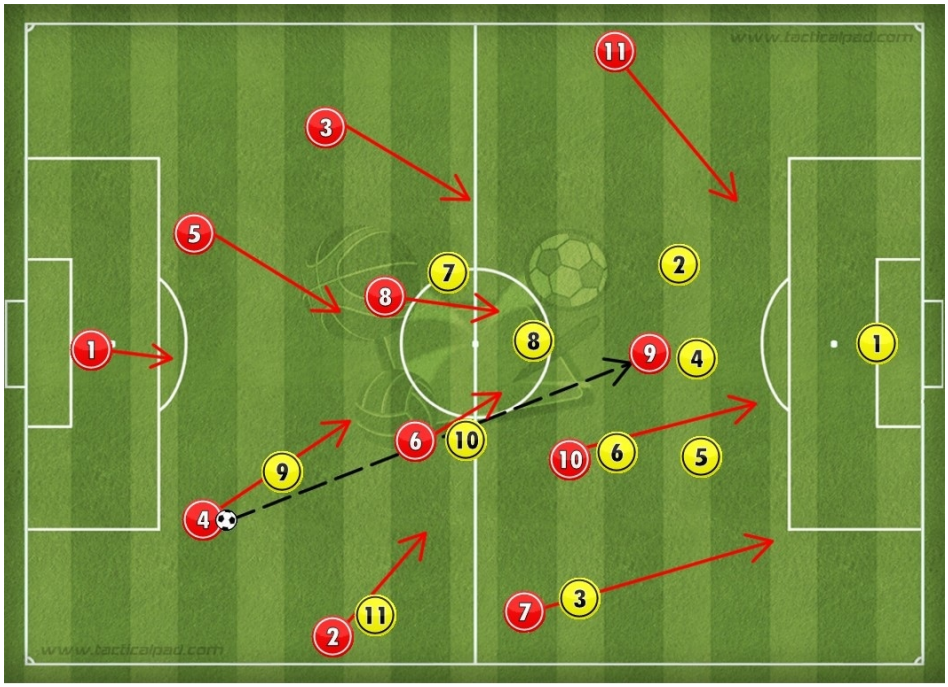


FIGURE 15 - OFFENSIVE ORGANIZATION: OFFENSIVE UNITY

The **2nd Phase**, also known as the **2nd Build Phase** can be defined as the **Creation of Finishing Situations** with the objective to enable the possibilities of creating imbalances in the opposition. Normally, it is initiated when the ball is near the midfield line.

FC Bayern Munich has the following **Game SubPrinciples** in the **2nd Build Phase – Creation of Finishing Situations**

Big field – Ensure always two players in maximum field width (Wings or Outside Backs) and at least provide maximum possible depth (Center Forward, Attacking Mid or Wings):

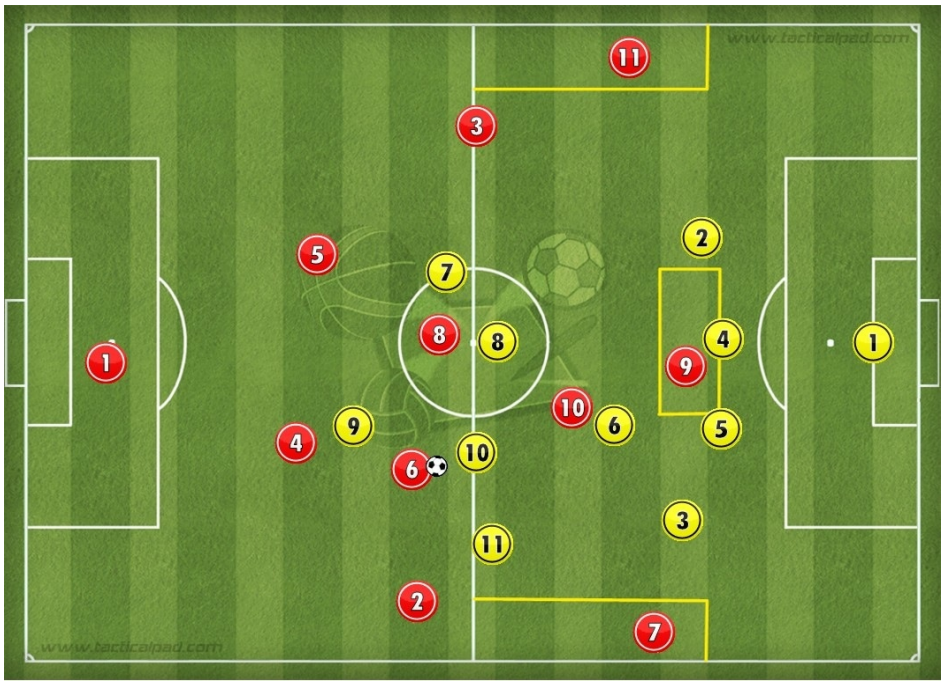


FIGURE 16 - OFFENSIVE ORGANIZATION: BIG FIELD

"Positional Exchanges without Losing Functionality" – There can be positional exchanges, especially among the more advanced players, but that implies all positions be fulfilled so not to lose the desired offensive dynamic. Moreover, the players that exchange position must be able to perform the new function.

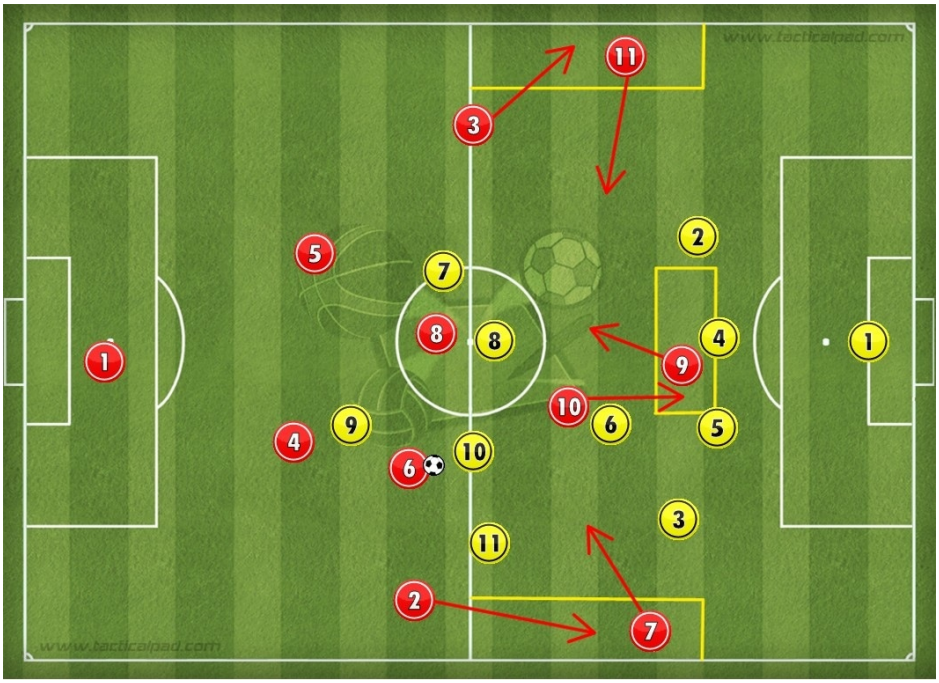


FIGURE 17 - OFFENSIVE ORGANIZATION: POSITIONAL EXCHANGES WITHOUT LOSING FUNCTIONALITY

"Wingers and Outside Backs in Different Lanes" – In the 2nd Build Phase the Wingers should be more exterior and the Outside Backs must be more interior; however, if the Wingers go inside, the Outside Backs must go outside ensure the most width to the team:

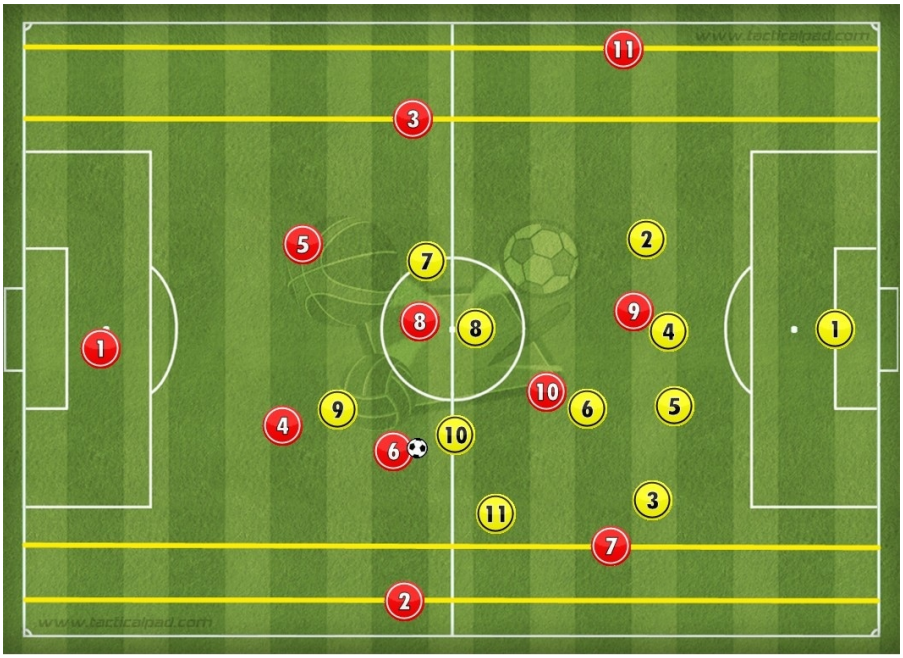


FIGURE 18 - OFFENSIVE ORGANIZATION: WINGERS AND OUTSIDE BACKS IN DIFFERENT LINES

"Fulfillment of the Central Zones without loss of the Big Field" – Ensure that two players are always in maximum field width and at least one is providing the most depth possible:

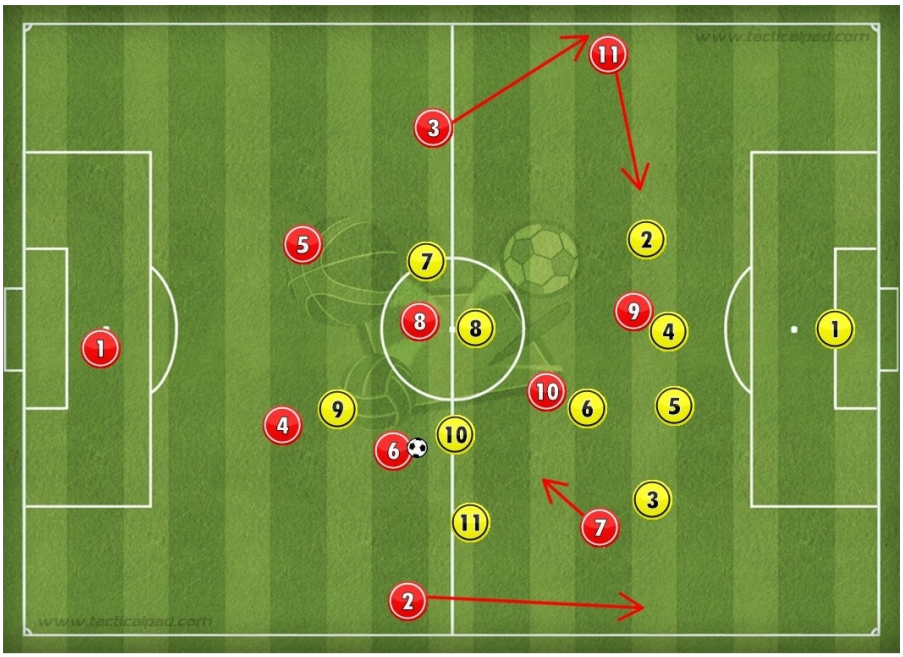


FIGURE 19 - OFFENSIVE ORGANIZATION: FULFILLMENT OF THE CENTRAL ZONES WITHOUT LOSS OF THE BIG FIELD

"Positional Organization (triangles, diamonds, diagonals, etc.) **that permit a relationship among the players"**, e.g. passing possibility:

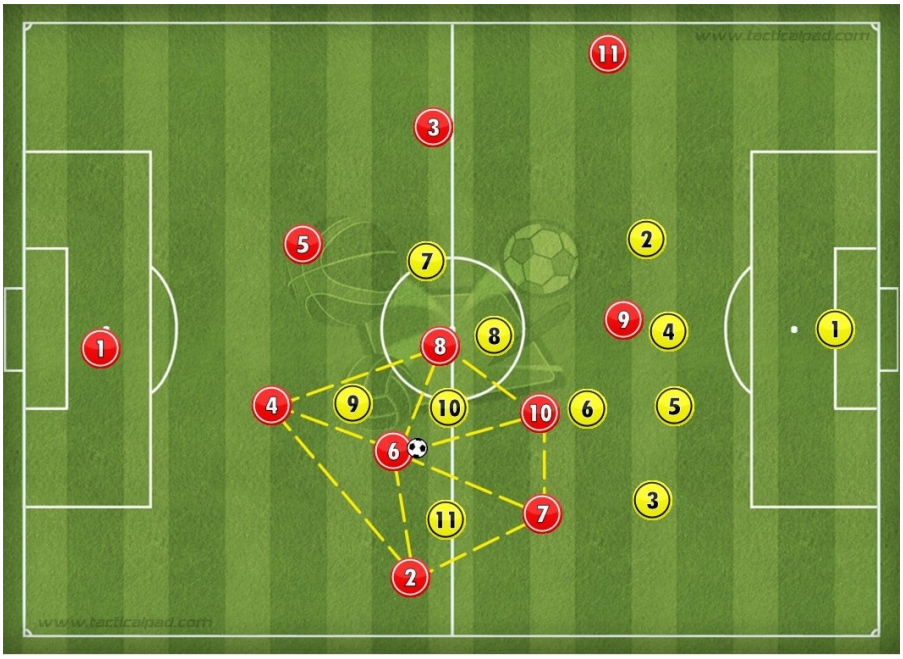


FIGURE 20 - OFFENSIVE ORGANIZATION: POSITIONAL ORGANIZATION THAT PERMIT A RELATIONSHIP AMONG THE PLAYERS

"Drive the Attack to Favorable Progression Zones" – To drive the attack to zones with less defensive density such as opposite lateral zones or spaces behind the opponents' defensive line, where the team has the more unbalancing players: Wingers and Attacking Mid/Center Forward, the latter when they run diagonals towards the wide channels:

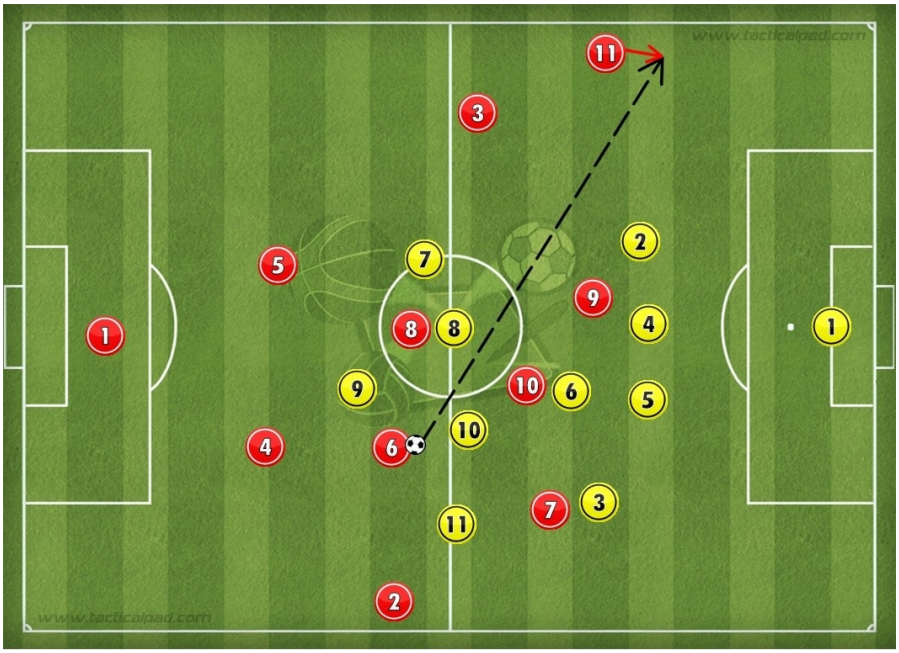


FIGURE 21 - OFFENSIVE ORGANIZATION: DRIVE THE ATTACK TO FAVORABLE PROGRESSION ZONES

The **3rd Build Phase**, also known as the Finishing Phase can be defined as the **Finishing with Efficiency the Attacking Actions** with the objective to fill the relevant shooting spaces. It's performed in the attacking third.

The FC Bayern Munich has the following **Game SubPrinciples** in the **3rd Build Phase/Finishing Phase - Finishing with Efficiency the Attacking Actions**:

"Crossing under Favorable Conditions" – The players who execute the crosses so there is finishing in the box must have the capacity to read the movements of the teammates in the finishing zones and opt for the best solution at the given moment: cross on the ground or the air; cross to first post/second post; cross back, etc. In case no one is in a finishing position, the cross should not be executed. In this situation, the player should try to win a corner or pass back to a supporting teammate – Attacking Support – so to give time for his teammates to be in proper finishing positions;

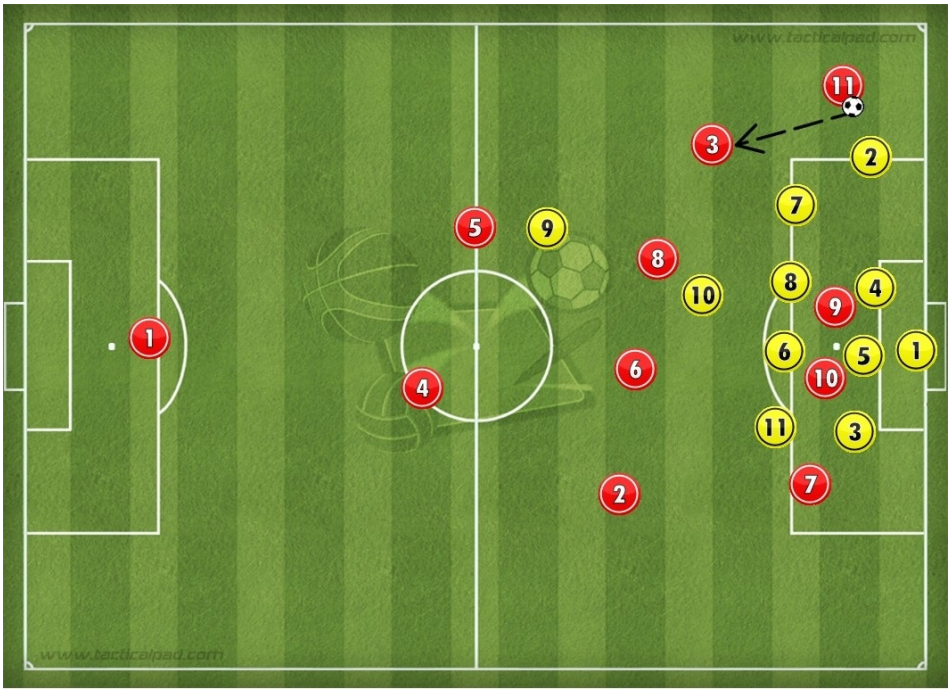


FIGURE 22 - OFFENSIVE ORGANIZATION: CROSSING UNDER FAVORABLE CONDITIONS

"Positioning in the Effective Finishing Zones" - to successfully finish attacking situations, it's very important to correctly position players in the box. There must be at least three players to finish the crosses. These players must be in the defined finishing zones with the discretion as to who will take each position. It's important to go to the space and not be in the space, to take advantage of the opponents. It's also very important that the Center Midfielders position themselves at the opponent's box edge to win the 2nd Ball and try finishing; alternatively, the Center Mid should initiate the build of a new attacking situation.

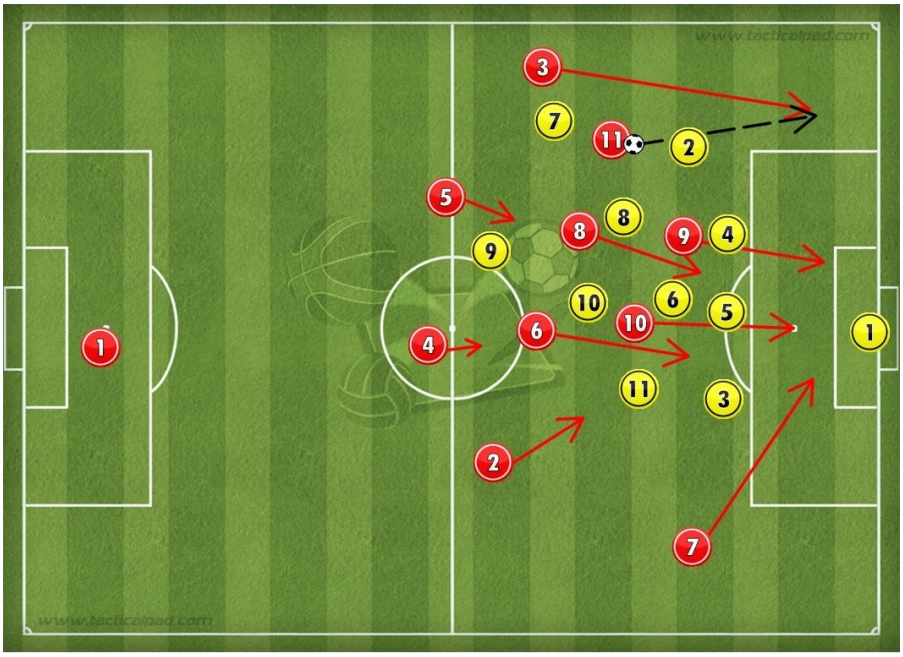


FIGURE 23 - OFFENSIVE ORGANIZATION: POSITIONING IN THE EFFECTIVE FINISHING ZONES

4.2.2. Defensive Transition

This Game Moment refers to the behaviors players must adopt in the instants after losing ball possession.

The FC Bayern Munich has as a Game MacroPrinciple in this moment "**To Avoid the Ball Progression to Recover it or for the Team to Organize Defensively**". This is accomplished with the objective to pressure immediately the ball carrier and the space around the ball to take advantage of the Offensive Disorganization of the opponent.

FC Bayern Munich has the following Game SubPrinciples in this Moment:

"Very Quick, Strong and Aggressive Mental Attitude Change from Offense to Defense" - At any moment, the players must be prepared to change from attacking posture to a defensive one. Players must be capable of making immediate intense pressure on the ball carrier as well as the potential ball receivers in the space near the ball. The players must also be able to rapidly recover the defensive positional balance and create a small field:

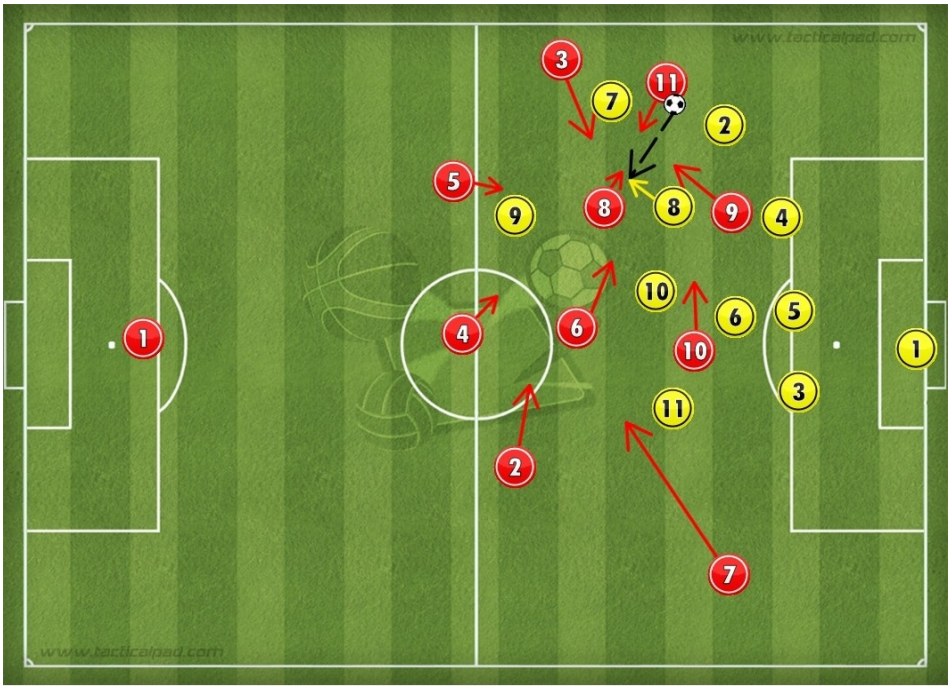


FIGURE 24 - DEFENSIVE TRANSITION: VERY QUICK, STRONG AND AGGRESSIVE MENTAL ATTITUDE CHANGE FROM OFFENSE TO DEFENSE

"To Compact the Team Creating Various Depth Lines" – When possession is lost, all players have to have the will to help defensively in ball recovery (Collective Attitude), creating a small field on the ball and have the central channel of the field as compactness reference – Defensive Unity. They must also create various depth lines so to have permanent support among all players (Defensive Coverage):

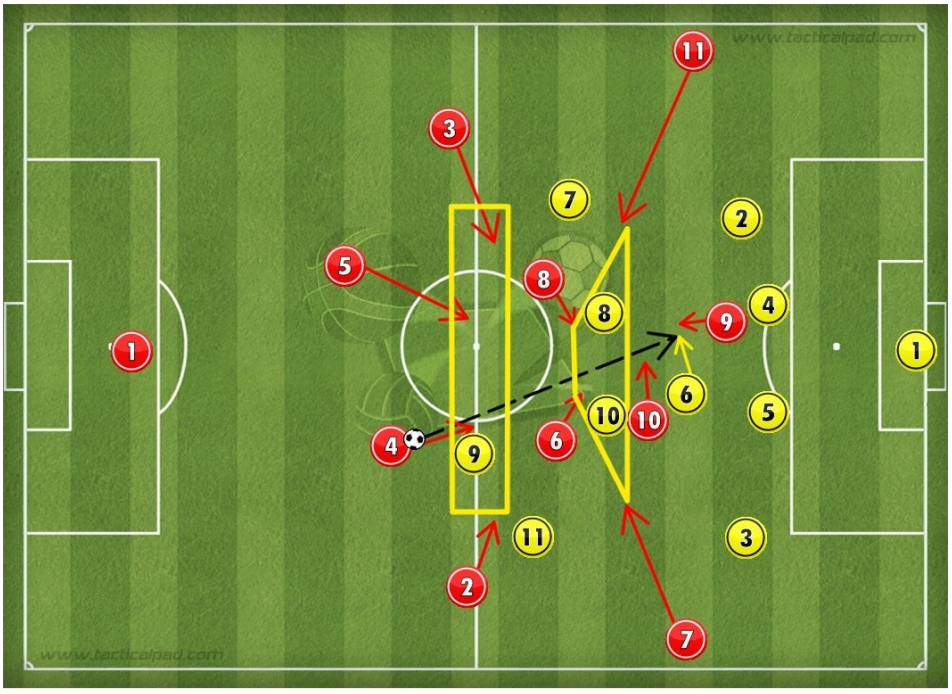


FIGURE 25 - DEFENSIVE TRANSITION: TO COMPACT THE TEAM CREATING VARIOUS DEPTH LINES

"Prevent Being Beaten" - All players must have "Defensive Responsibility". That is all players must be proficient in the defensive 1v1, knowing that if they are beaten they compromise the team. They must also have the will to provide Defensive Coverage by helping their teammate(s) that faces the opponent's ball carrier.

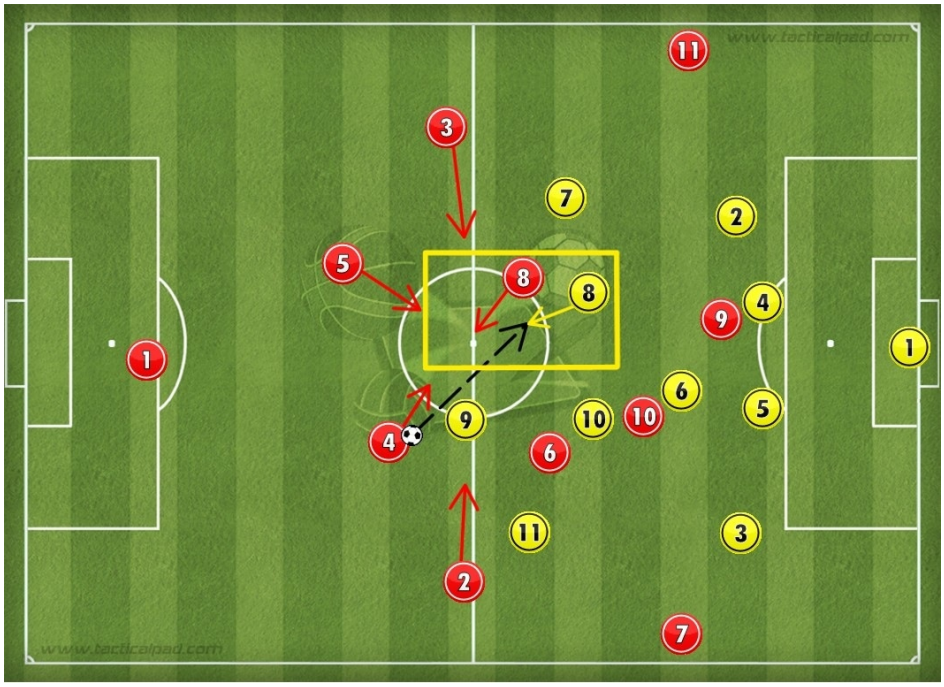


FIGURE 26 - DEFENSIVE TRANSITION: PREVENT BEING BEATEN

"Close the Spaces in The Interior of The Team's Defensive Block" – Forcing the opposing team to play to the exterior of the team's defensive block when the ball is not recovered immediately, therefore preventing the overcoming of the players pressing the ball carrier and the space near the ball, through spaces in the central channel of the field forcing the opponents to play back or laterally. It's very important to have a constant "Collective Attitude" and a permanent predisposition to intercept/recover the ball:

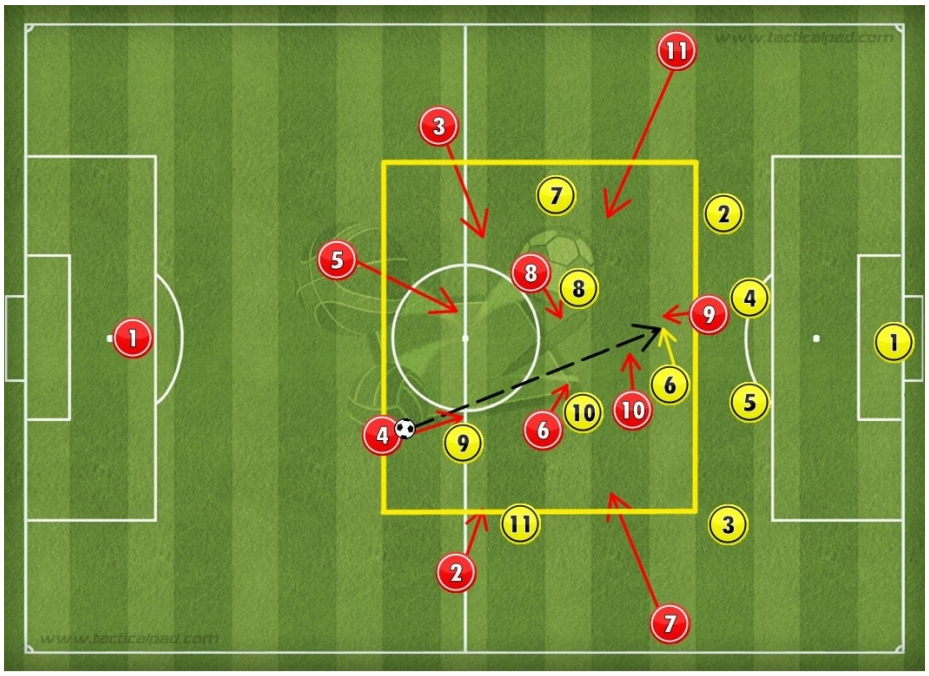


FIGURE 27 - DEFENSIVE TRANSITION: CLOSE THE SPACES IN THE INTERIOR OF THE TEAM'S DEFENSIVE BLOCK

"Prevent Penetrations behind the Last Line of Defense" – Prevent the attacking penetrations of opponents who are looking for spaces behind the last line of defense. Give priority to defensive depth instead of trying to play the "offside":

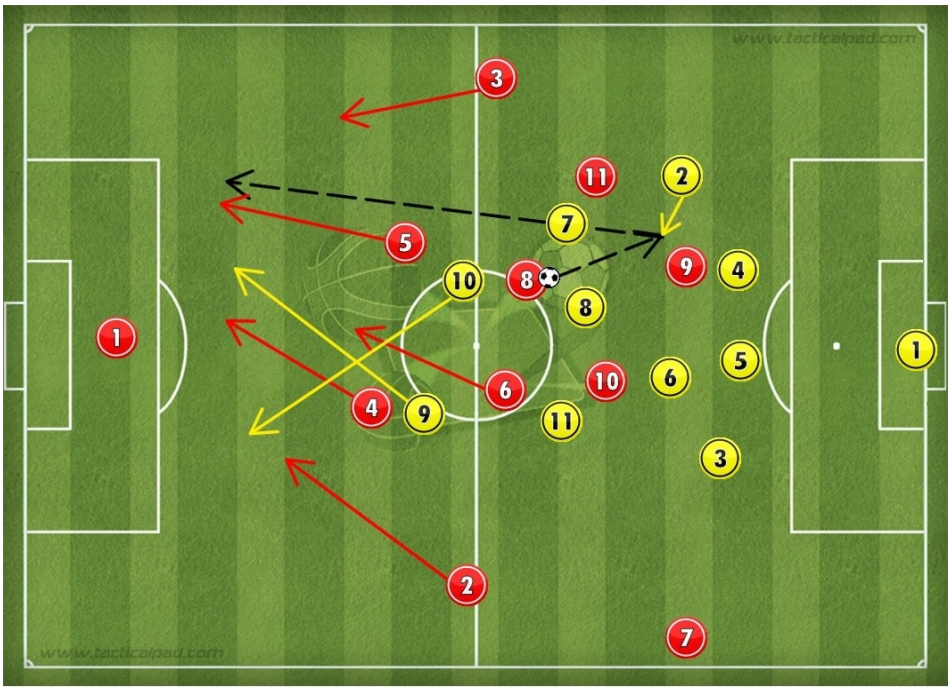


FIGURE 28 - DEFENSIVE TRANSITION: PREVENT PENETRATIONS BEHIND THE LAST LINE OF DEFENSE

4.2.3. Defensive Organization

This moment was previously characterized as the behaviors assumed by the team when they don't have ball possession with the objective to be organized so to impede that the opposing team prepares and creates goal-scoring situations.

The FC Bayern Munich has as a **Game MacroPrinciple** of this Moment the **"Pressing Zonal Defense in Compact Intermediate Block"**, that is conducted with the objective of conditioning, directing, and pressing the opposing team to make mistakes and win the ball back.

To facilitate the understanding, we are subdividing this Game Moment into Three Phases.

The **1st Defensive Phase**, called **How to Prevent the Build of the Offensive Game** has the objective to stop the progression through significant spaces and prepare the ball recovery. Normally it's initiated when the ball is with the opposing Keeper, feet or hands, or the opposing Defenders are with the ball in their back third.

The FC Bayern Munich has the following **Game SubPrinciples** in the **1st Defensive Phase – Prevent the Build of the Offensive Game:**

"Force the Opponent to Play Long" - When the ball is in the opposing Keepers possession, hands or feet, in play or for a goal kick or free kick, the team must make him play long, disallowing the opponent to build from the back with the ball under control. This also applies to the throw-ins in any zone of the field:

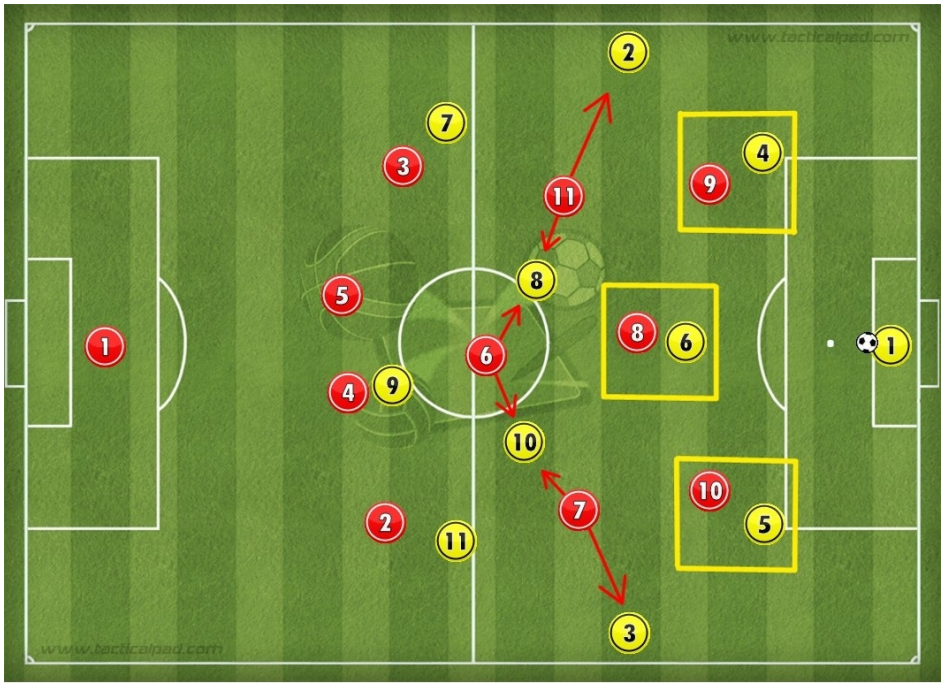


Figure 29 - Defensive Organization: Force the Opponent to Play Long (A)

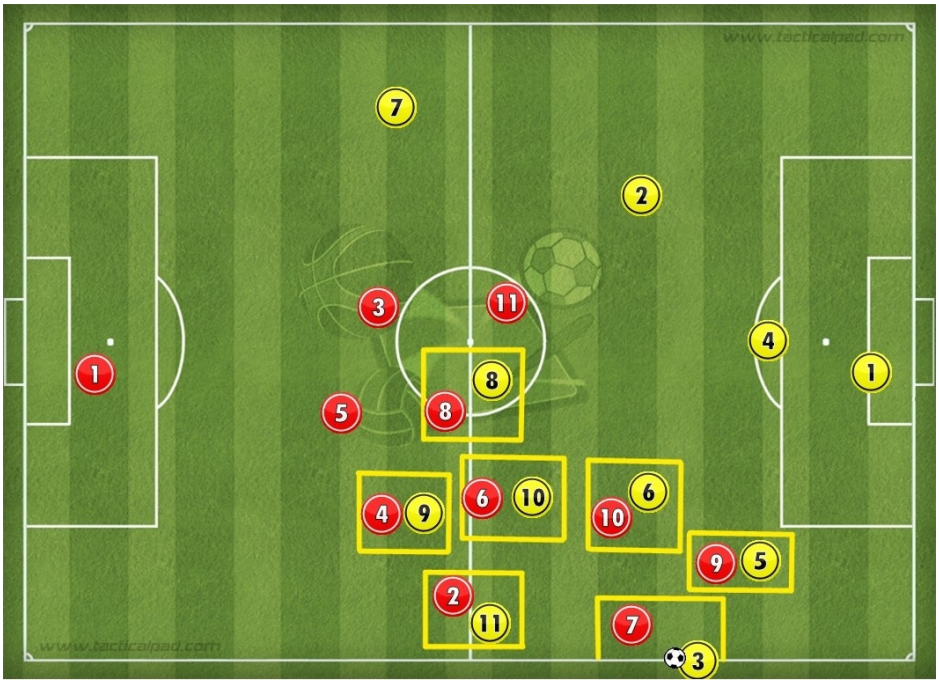


Figure 30 - Defensive Organization: Force the Opponent to Play Long (B)

“Center Circle as a Reference for the Defensive Block Organization” – The team must form a cohesive block, organizing based on the center circle to initiate the pressure on the opponent.

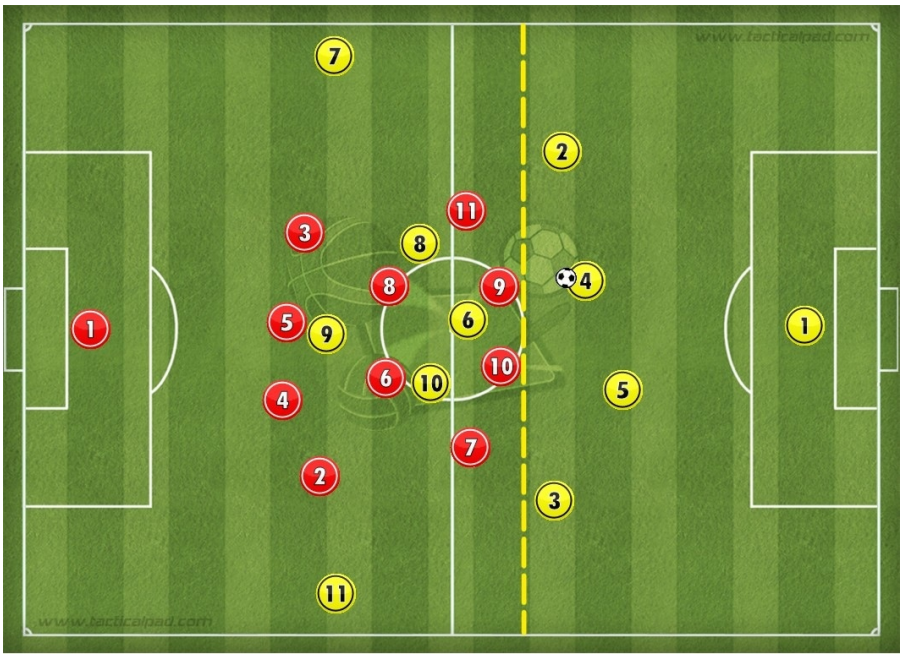


FIGURE 31 - DEFENSIVE ORGANIZATION: CENTER CIRCLE AS A REFERENCE FOR THE DEFENSIVE BLOCK ORGANIZATION

"Prevent Penetrations through the Interior Defensive Block" – It's fundamental to prevent the opponent from penetrating through the interior defensive block. For that we have to push the ball carrier to make passes to the lateral channels. This is only possible if the team reduces the spaces in the interior defensive block both in width and depth, therefore creating a small field. The team must prevent the opponent(s) who gets the ball in the interior defensive block need from turning:

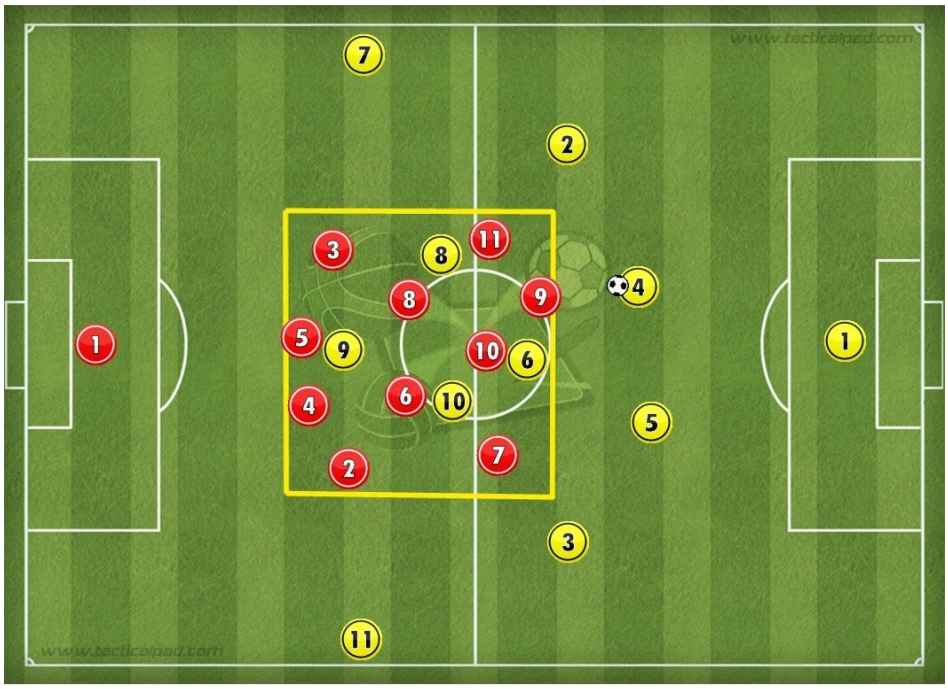


FIGURE 32 - DEFENSIVE ORGANIZATION: PREVENT PENETRATIONS THROUGH THE INTERIOR DEFENSIVE BLOCK

"Intense Pressure in the Lateral Channels" – When the ball is played to the lateral channel, we must create intense pressure to gain ball possession. To accomplish that, it's necessary to create numerical and positional superiority near the ball through the shifting of all players to the side of the ball:

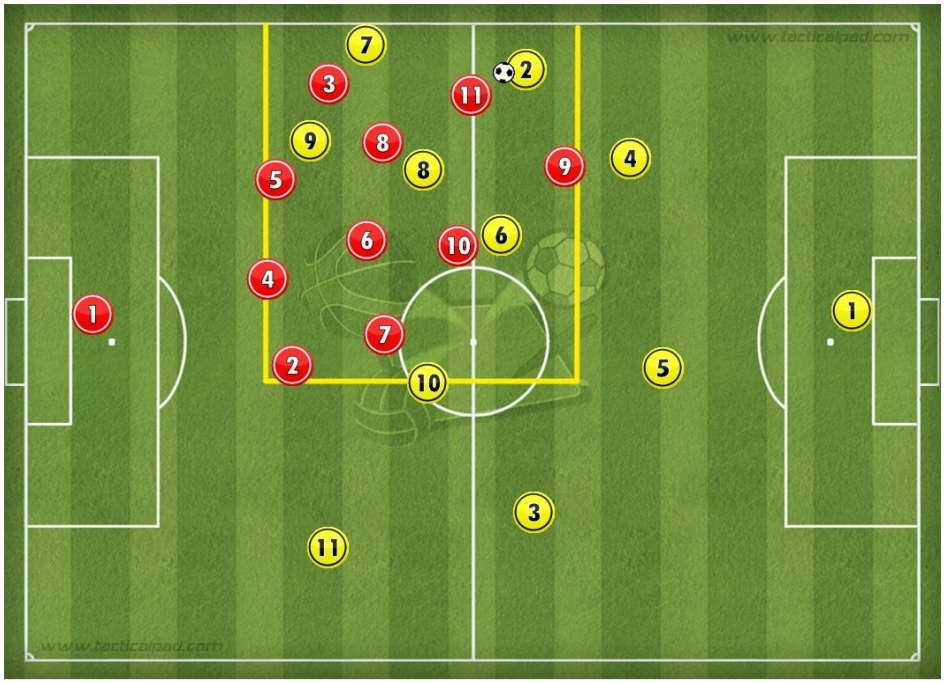


FIGURE 33 - DEFENSIVE ORGANIZATION: INTENSE PRESSURE IN THE LATERAL CHANNELS

The **2nd Defensive Phase**, denominated as **Prevent the Creation of Finishing Situations** has the objective of hindering the means that favor the possibilities of an imbalance. Normally it's initiated when the ball is in the opponent's possession near the midfield line.

The FC Bayern Munich presents the following **Game SubPrinciples** of the **2nd Defensive Phase - Prevent the Creation of Finishing Situations**:

"Deploy the Team in Various Lines both Deep and Wide" –Specific positioning to give always Defensive Coverage to the player who opposes the opposing ball carrier:

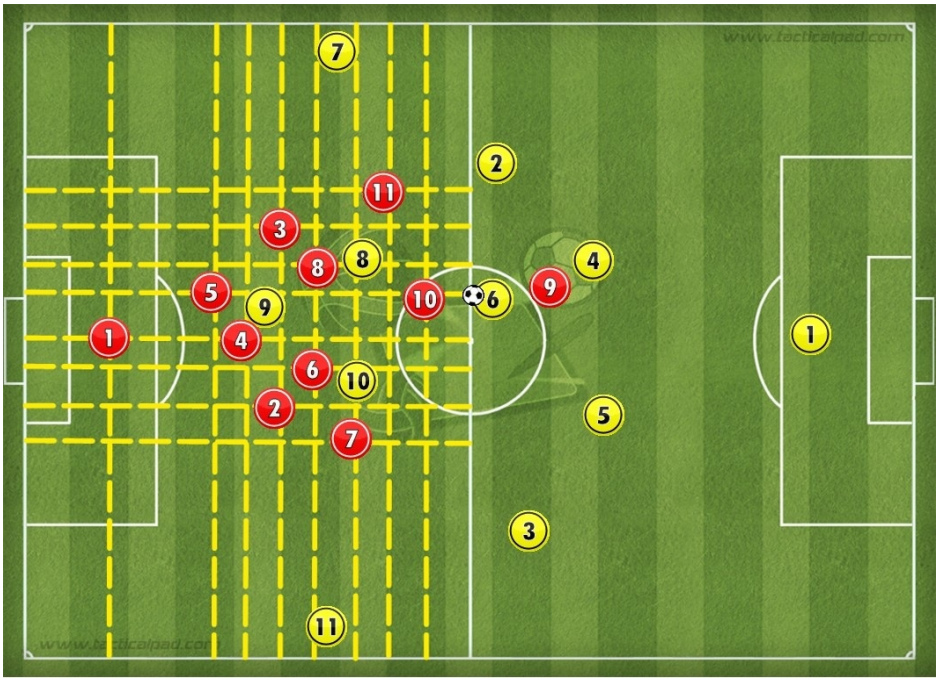


FIGURE 34 - DEFENSIVE ORGANIZATION: DEPLOY THE TEAM IN VARIOUS LINES BOTH DEEP AND WIDE

"Sectors Close to Each Other to Narrow the Spaces between the Lines" – Show always a Small Field so the opponents can be constrained in the ball carrying, in the passing, and in the receiving. Track the players who try to take advantage of those spaces between the team's sectors with the proper support from teammates:

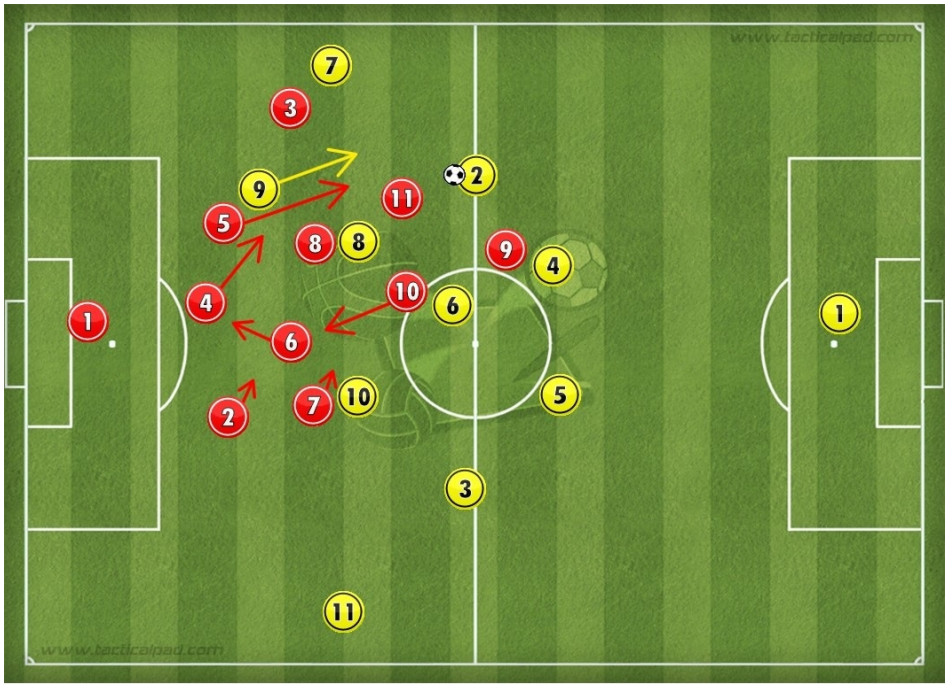


FIGURE 35 - DEFENSIVE TRANSITION: SECTORS CLOSE TO EACH OTHER TO NARROW THE SPACES BETWEEN THE LINES

"Strong Side/Weak Side – Shifting" – The team must occupy the spaces near the zone where the ball is easier to recover – collective and harmonious defensive attitude. The team must have as reference the central axis of the field. When a ball is in one of the lateral channels, all players must shift to that channel with some players remaining in the central channel. The Outside Back, Wing, and Center Mid will create numerical superiority near the ball, while the Attacking Mid retreats to the midfield occupying the Center Mid position who went to create numerical defensive superiority. If there is a change in the game channel, e.g. long pass, the players must shift to the other side trough rapid diagonal movement.

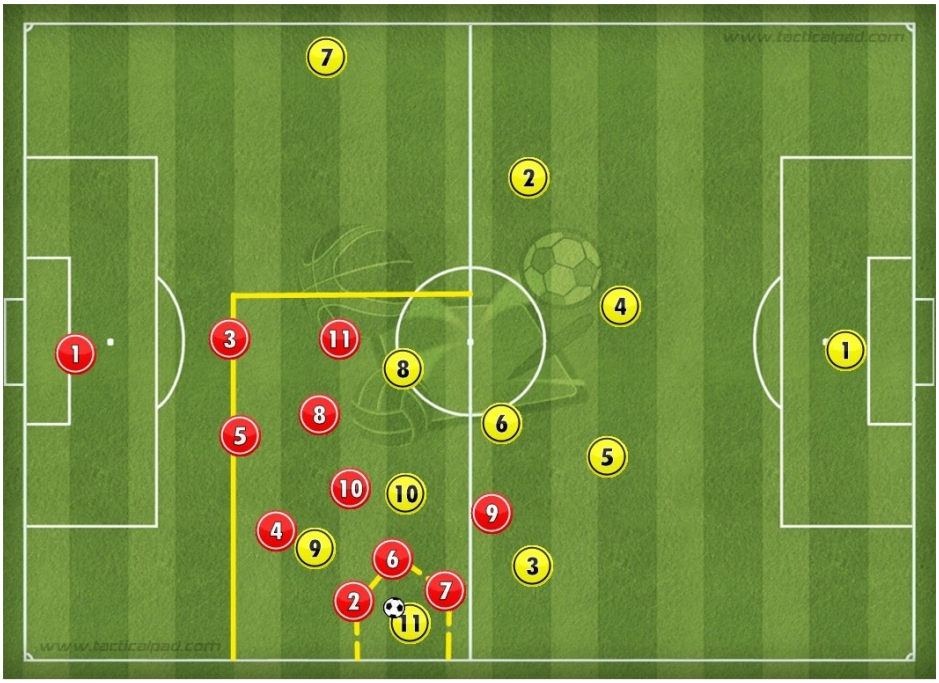


FIGURE 36 - DEFENSIVE ORGANIZATION: STRONG SIDE/WEAK SIDE – SHIFTING

"Push Upfield, Reduce Spaces" - The team must move up the field to keep the sectors tight and the furthest away possible from the goal and not to place the opponents in offside in the following situations:

When the players play the ball away from near the goal: the players must advance in the field looking always at the ball. When the opponents take possession of the ball, they stop. If the ball carrier is being pressed, keep the position or push up, depending the reading of the situation. Retreat if the opponent has the time and space to execute, avoiding the opponents to gain the space behind the last line of defense:

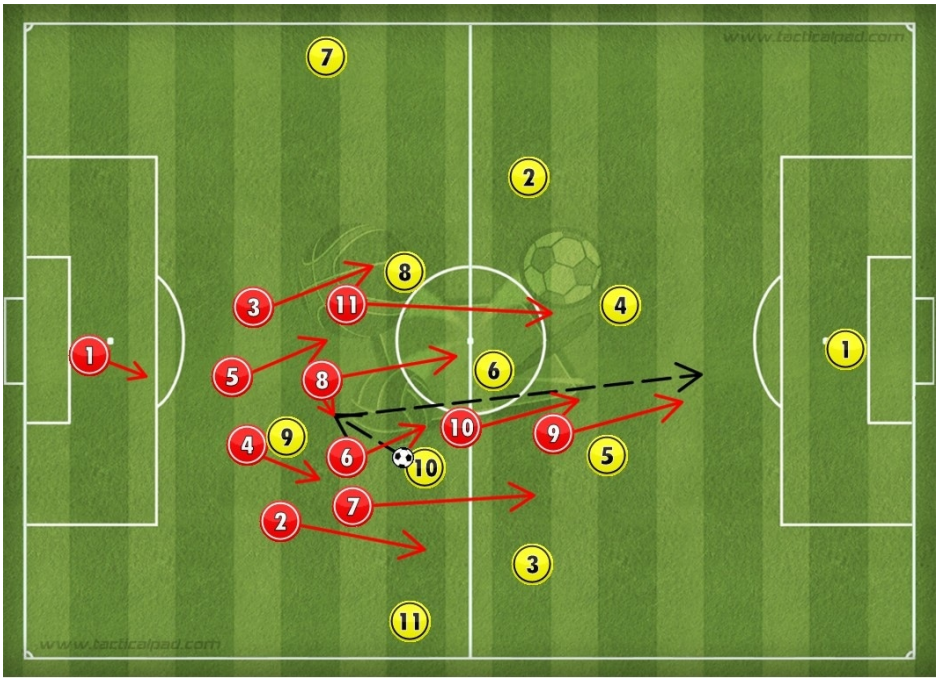


FIGURE 37 - DEFENSIVE ORGANIZATION: PUSH UP FIELD, REDUCE SPACES (1)

When the opposing team makes a pass back: the greater the distance of the pass, the greater should be the advancement up field and vice-versa. Always focused and tracking the players that come from deep positions:

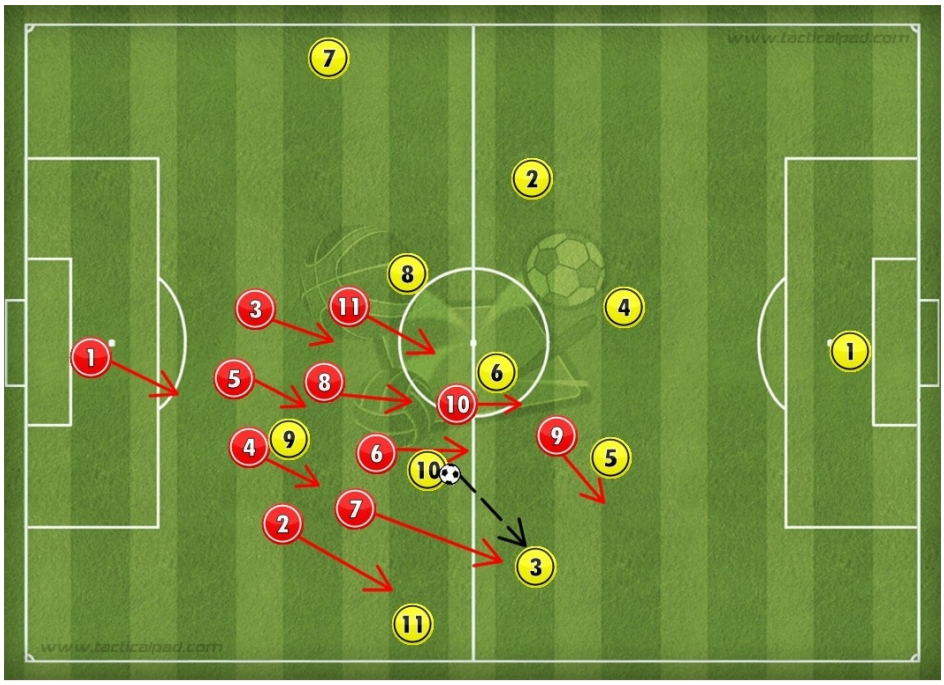


FIGURE 38 - DEFENSIVE ORGANIZATION: PUSH UP FIELD, REDUCE SPACES (2)

When the ball carrier is pressed and has his back to the target goal:

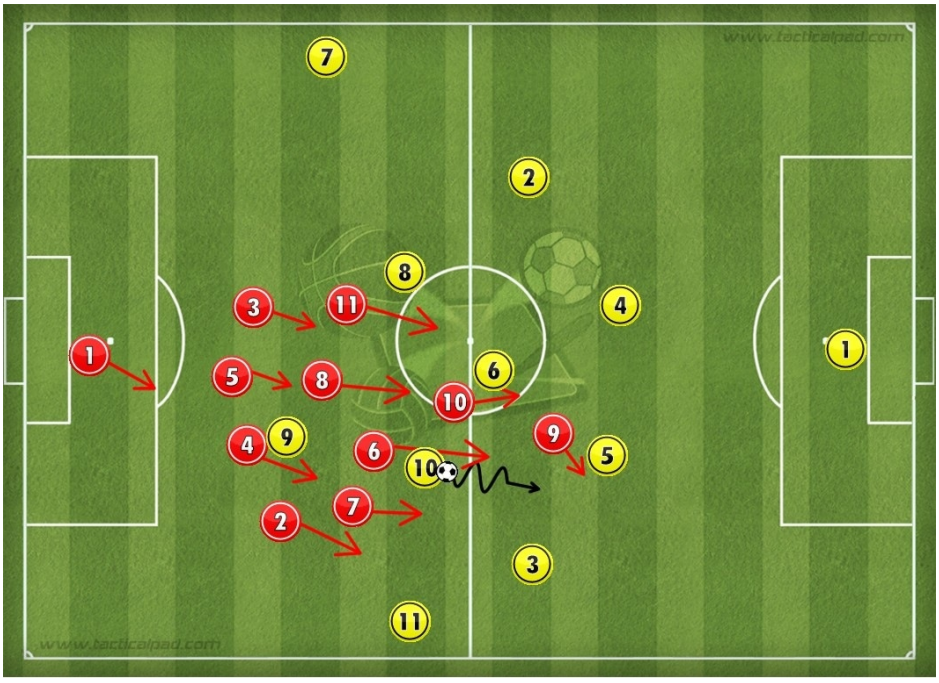


FIGURE 39 - DEFENSIVE ORGANIZATION: PUSH UP FIELD, REDUCE SPACES (3)

The **3rd Defensive Phase**, denominated as **Prevent a Successful Finish** has the objective to protect the significant finishing spaces. It's executed in the back third.

The following are the **Game SubPrinciples** of the FC Bayern Munich in the **3rd Defensive Phase - Prevent a Successful Finish**:

"Prioritize Defensive Depth" – Retreat to keep up the possible penetrations of the forwards who are looking for space behind the last line of defense:

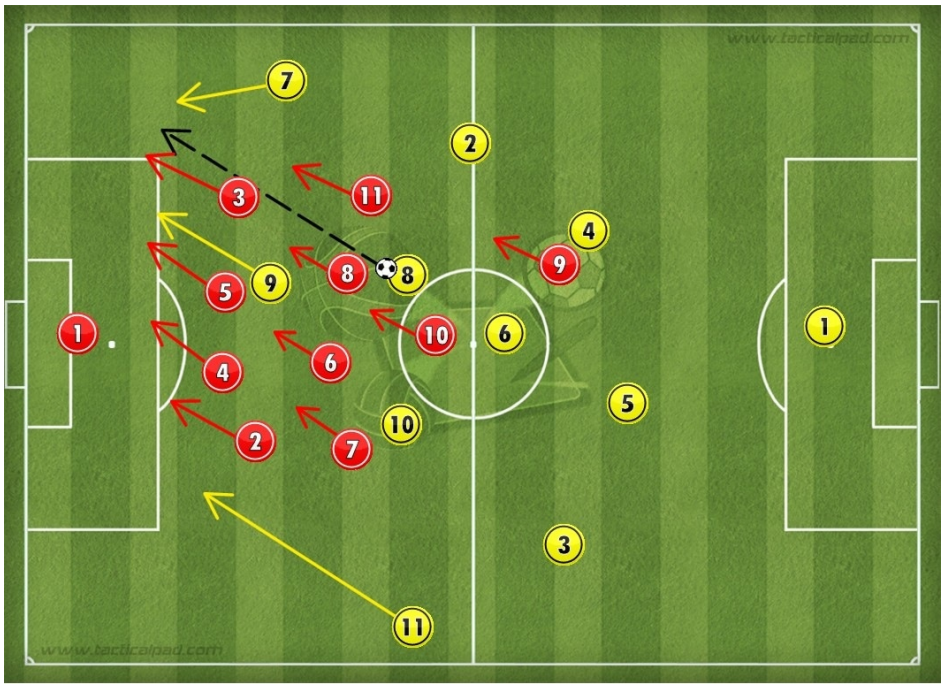


FIGURE 40 - DEFENSIVE ORGANIZATION: PRIORITIZE DEFENSIVE DEPTH

"Pressure the Ball Carrier with Defensive Coverage of 3" – When an opponent carries the ball through the central channel, one of the Center Backs "comes out" to contain him and the other 3 give him Defensive Coverage creating a defensive line of 3 players – this also must be done when the opponent plays a long ball:

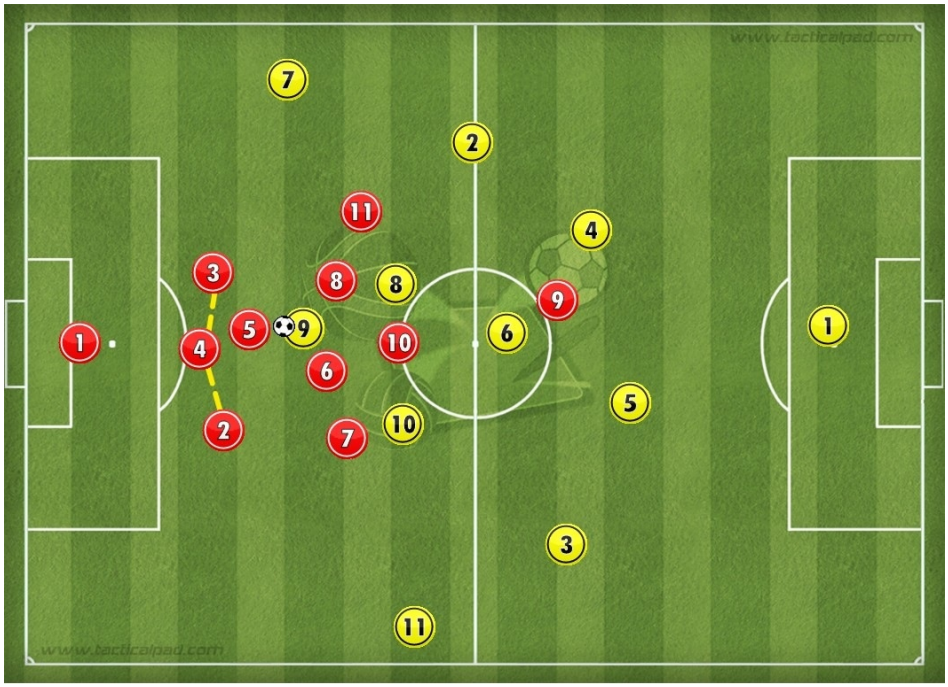


FIGURE 41 - DEFENSIVE ORGANIZATION: PRESSURE THE BALL CARRIER WITH DEFENSIVE COVERAGE OF 3

"To Occupy by Anticipation the Privileged Finishing Zones" – Prevent the opponents from occupying the more advantaged finishing spaces by occupying them:

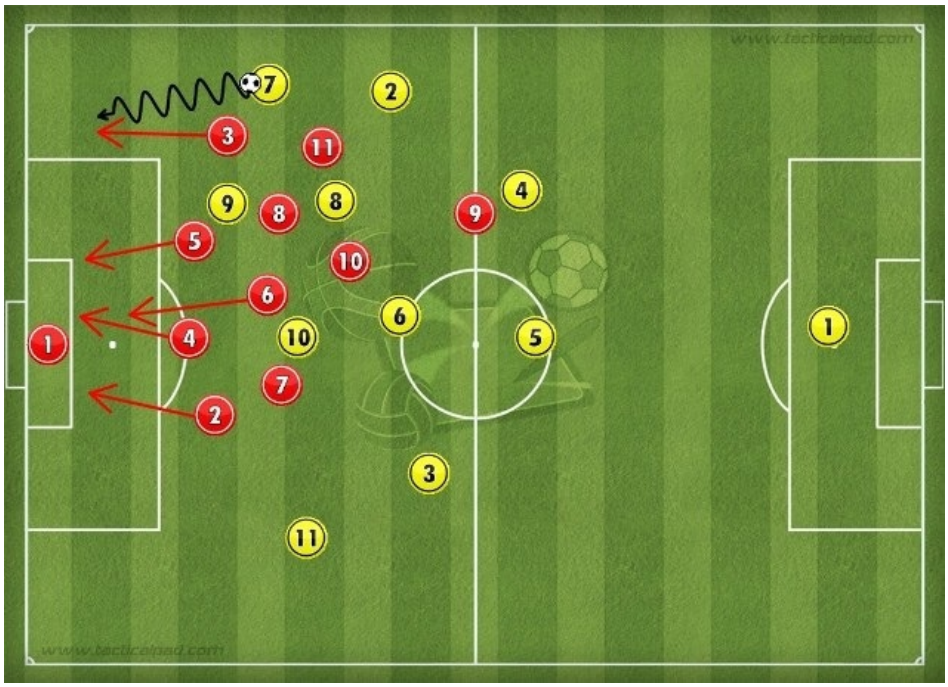


FIGURE 42 - DEFENSIVE ORGANIZATION: TO OCCUPY BY ANTICIPATION THE PRIVILEGED FINISHING ZONES

"To Win the 2nd Balls" – Prevent that the opponents have more opportunities of attack by winning the 2nd balls. Great attitude and will to recover "lose balls":

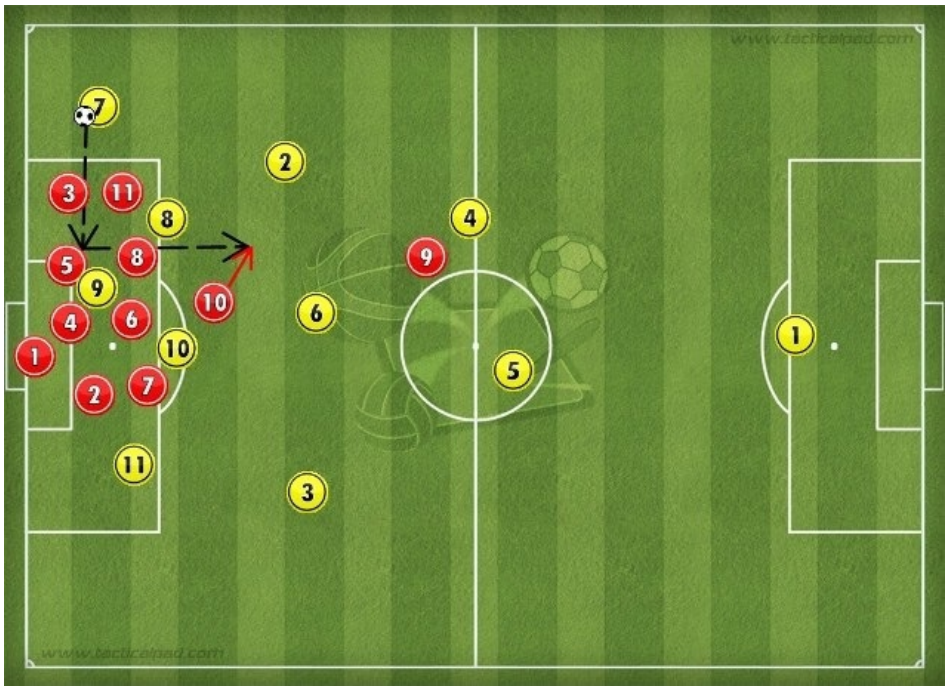


FIGURE 43 - DEFENSIVE ORGANIZATION: TO WIN THE 2ND BALLS

4.2.4. Offensive Transition

This Game Moment refers to the behaviors that the players must adopt in the immediate seconds of recovering ball possession.

FC Bayern Munich has a **Game MacroPrinciple** in this Moment "**Take Advantage of the Defensive Disorganization of the Opponent to Score"** that is conducted with the objective to take the ball from the zone where was recovered (pressing zone) and take advantage of the defensive disorganization of the opponent to place the ball deep, without risking losing it, or to initiate the offensive organization.

As **Game SubPrinciples** of this moment, FC Bayern Munich has the following:

"Very Strong and Aggressive Rapid Change of Mental Attitude from Defensive to Offensive"– At any instant, the players must be prepared to change their defensive posture to an offensive posture. Being capable of taking away the ball from a zone where it was recovered, by carrying or through a pass, to take advantage of the momentary defensive disorganization of the opponent. They must also be capable of rapidly recovering the offensive positional balance and create a big field:

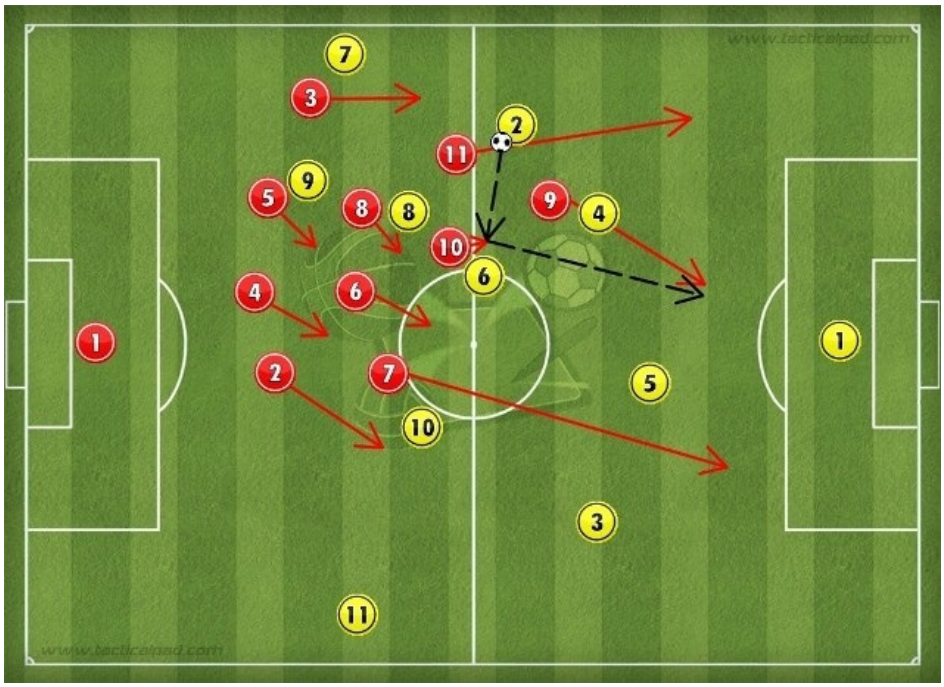


FIGURE 44 - OFFENSIVE TRANSITION: VERY STRONG AND AGGRESSIVE RAPID CHANGE OF MENTAL ATTITUDE FROM DEFENSIVE TO OFFENSIVE

"Occupy Quickly the Three Field Channels" - When the ball is recovered, all channels must be occupied quickly to facilitate the offensive transition. The lateral channels must be preferably occupied by the Wings or by the Outside Backs when the Wings carry the ball or progress without the ball through the central channel. The central channel must be occupied by the Center Forward and the Attacking Mid:

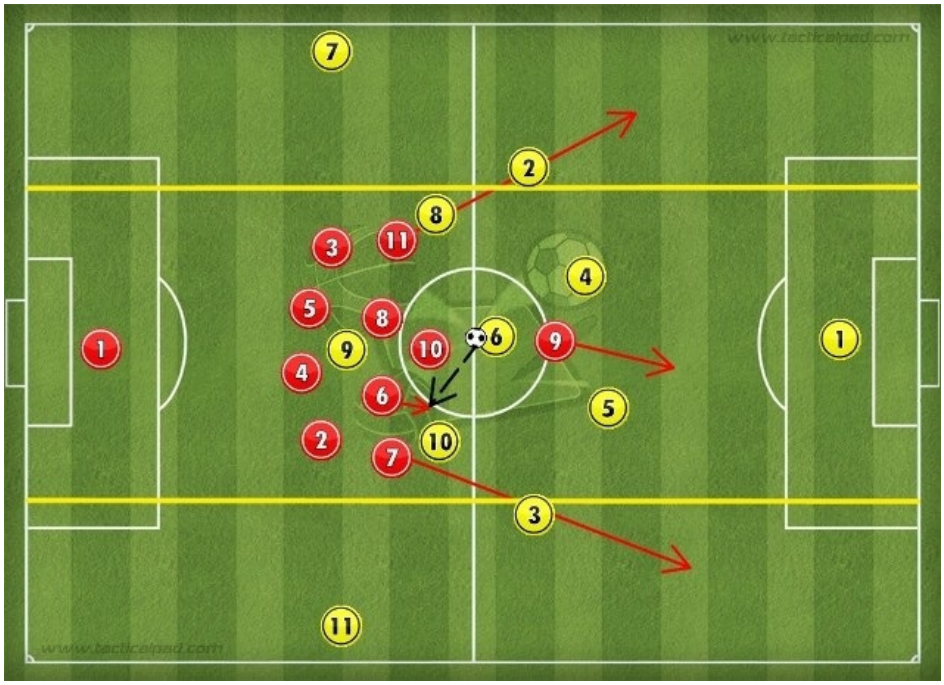


FIGURE 45 - OFFENSIVE TRANSITION: OCCUPY QUICKLY THE THREE FIELD CHANNELS

"When the Ball Is Recovered, Try to Get It Rapidly in the Central Channel with the Attacking Mid or the Center Forward" – The ball delivery in good conditions to the players placed in the central channel such as the Attacking Mid or Center Forward, is fundamental to unbalance the opponent. From the central channel, the player can easily place the ball in any of the lateral channels where there are free spaces from opponents' pressure. If any of the receiving players are unable to rotate, they can pass the ball to one of the Center Mids who in turn will place it with a teammate in good position to receive the ball:

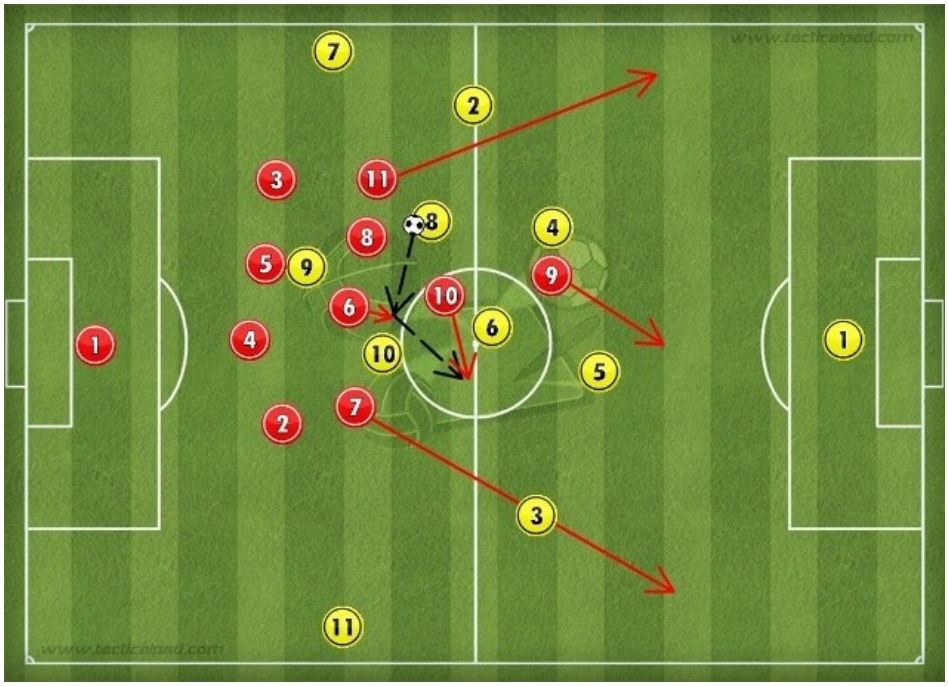


FIGURE 46 - OFFENSIVE TRANSITION: WHEN THE BALL IS RECOVERED, TO TRY TO PLACE IT RAPIDLY IN THE CENTRAL CHANNEL WITH THE ATTACKING MID OR THE CENTER FORWARD

"With Space and without nearby Opposition, Carry the Ball to Attract Opponents and Leave Teammates Unmarked" – When the ball is recovered and the player has space to carry it, he must play it so that his teammates that occupy the three channels can be free of a marker due to the opponent's attraction to the zone where the ball is. This can be done continuously until a player is 1v1 with the opposing keeper and in a scoring position:

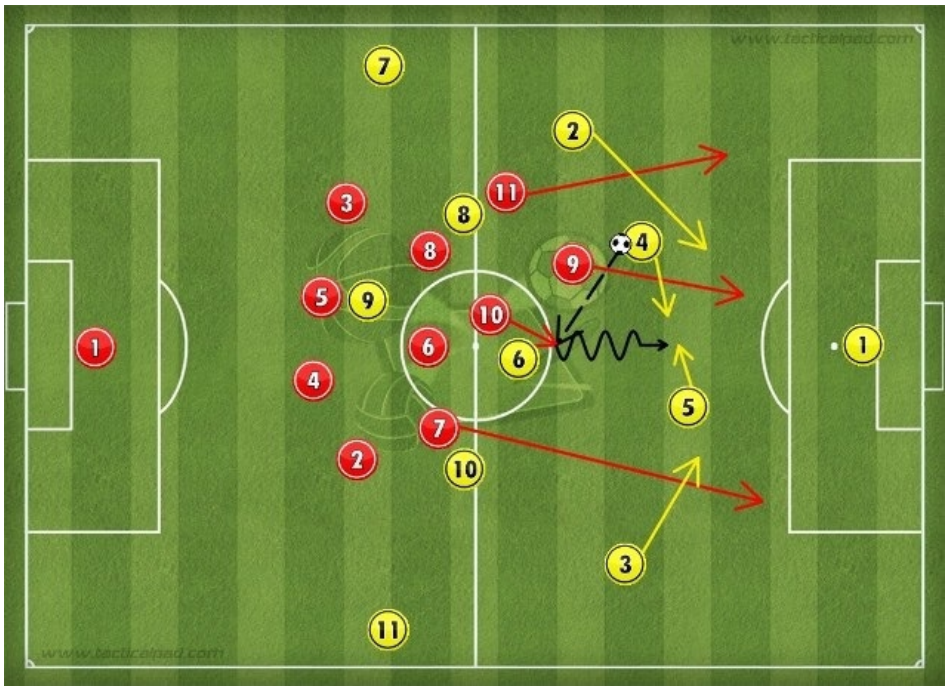


FIGURE 47 - OFFENSIVE TRANSITION: WITH SPACE AND WITHOUT NEARBY OPPOSITION, CARRY THE BALL TO ATTRACT OPPONENTS AND LEAVE TEAMMATES UNMARKED

"Take Advantage of the Space behind the Last Line of the Opponent's Defense" – Whenever possible, place the ball in these spaces, deep, but always with the certainty to keep possession, taking advantage of the disorganization of the opponent in moment they lost possession:

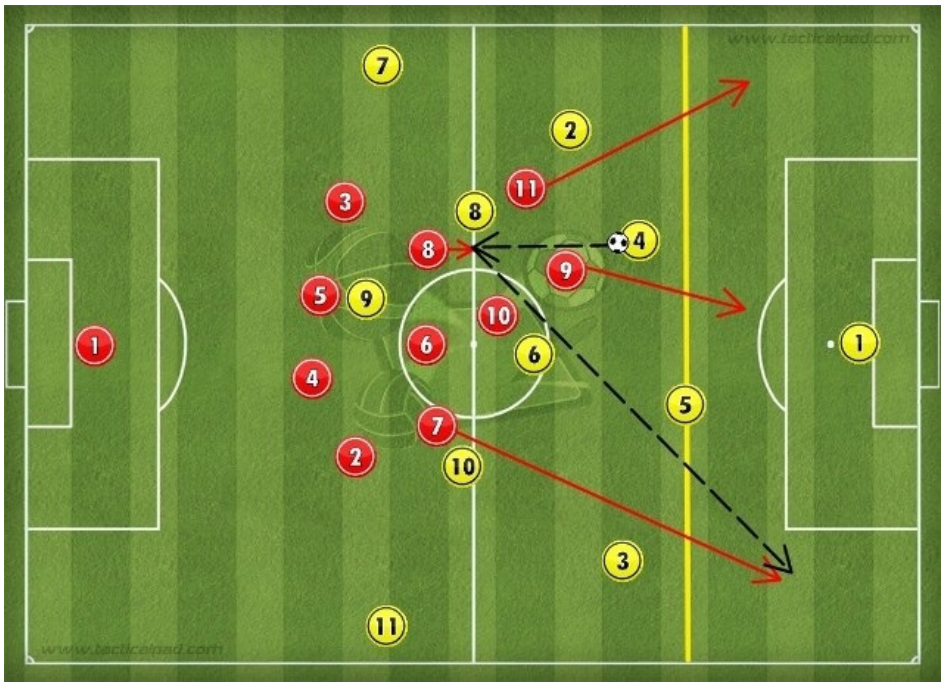


FIGURE 48 - OFFENSIVE TRANSITION: TO TAKE ADVANTAGE OF THE SPACE BEHIND THE LAST LINE OF THE OPPONENT'S DEFENSE

5. Operationalization of FC Bayern Munich's Game Model

In the subsequent chapters we will show the Exercising Contexts ("exercises") for each one of the SubPrinciples of the Game Model of FC Bayern Munich. These exercises will be for each of the days of the Standard Morphocycle which are oriented for the **Acquisitive Operationalization: Wednesday, Thursday and Friday.**

FC BAYERN MUNICH - The Principles of the Game Model			
GAME MOMENT: Offensive Organization			
MacroPrinciple	**Objective**	**Phase**	**SubPrinciples**
Possession and Ball Movement to Attract the Opponents	To disorganize and unbalance the opponent to take advantage of the spaces behind the last line of defense.	1st Build Phase – Offensive Game Build-Up	• 6.1 – Good positional balance • 6.2 – Defensive line of three • 6.3 – Keeper with excellent feet game • 6.4 – Pass to attract • 6.5 – Playing direct • 6.6 – Offensive unity
		2nd Build Phase – Creation of Finishing Situations	• 6.7 – Big field • 6.8 – Wingers and outside backs in different lines • 6.9 – Positional organization that permit a relationship among the players • 6.10 – Drive the attack to favorable progression zones
		3rd Build Phase – Finishing the Attacking Actions Efficiently	• 6.11 – Crossing under favorable conditions • 6.12 – Positioning in the effective finishing zones

FC BAYERN MUNICH - The Principles of the Game Model

GAME MOMENT: Defensive Transition

MacroPrinciple	Objective	SubPrinciples
Prevent Ball Progression to Recover it or to Get Organized Defensively	To pressure immediately the ball and the space around the ball to take advantage of the "offensive" disorganization of the opponent.	• 7.1 – Very quick, strong and aggressive mental attitude change from offense to defense • 7.2 – To compact the team creating various depth lines • 7.3 – To prevent being beaten • 7.4 – Close the spaces in the interior of the team's defensive block • 7.5 – Prevent penetrations behind the last line of defense

FC BAYERN MUNICH - The Principles of the Game Model

GAME MOMENT: Defensive Organization

MacroPrinciple	Objective	Phase	SubPrinciples
Pressing Zonal Defense in Intermediate Cohesive Block	To condition, direct, and press the opposing team to make mistakes and win the ball back.	1st Defensive Phase – To Prevent the Build of the Opponent's Attack	• 8.1 – Force the opponent to play long • 8.2 – Center circle as a reference for the defensive block organization • 8.3 – Prevent penetration through the interior defensive block • 8.4 – Intense pressure in the lateral channels
		2nd Defensive Phase – Prevent the Creation of Finishing Situations	• 8.5 – Deploy the team in various lines both deep and wide • 8.6 – Sectors near each other to close the spaces between the lines • 8.7 – Strong side/weak side – Shifting • 8.8 – Push up field, reduce spaces
		3rd Defensive Phase – Prevent a Successful Finish	• 8.9 – Prioritize defensive depth • 8.10 – Pressure the ball carrier with defensive coverage of 3 • 8.11 – To occupy by anticipation the privileged finishing zones • 8.12 – To win the 2nd balls

FC BAYERN MUNICH - The Principles of the Game Model

GAME MOMENT: Offensive Transition

MacroPrinciple	Objective	SubPrinciples
Take Advantage of the Opponent's Defensive Disorganization to Score	Take the ball from the zone where was recovered (pressing zone) and take advantage of the defensive disorganization of the opponent to place the ball deep, without risking losing it, or to initiate the offensive organization	• 9.1 - Very strong and aggressive rapid change of mental attitude from defensive to offensive • 9.2 - Occupy quickly the three field channels • 9.3 - When the ball is recovered, try to get it rapidly to the central channel with the Attacking Mid or the Center Forward • 9.4 - With space and without nearby opposition, carry the ball to attract opponents and leave team mates unmarked • 9.5 - To take advantage of the space behind the last line of the opponent's defense

6. Offensive Organization

All the SubPrinciples subsequently presented with the respective exercises must always take in consideration the MacroPrinciple that orients this Game Moment of the FC Bayern Munich: "**Possession and Ball Movement to Attract the Opponents**". The objective of this principle is to disorganize and unbalance the opponent to take advantage of the spaces behind the last line of defense.

6.1 SubPrinciple – “Good Positional Balance”

This SubPrinciple of the **1st Build Phase – Offensive Game Build-up**, is characterized by the placement of the Center Backs well wide, the Outside Backs deep and the Center Mids in front of the two Center Backs, occupying the width of the field and their half-field in almost all of its depth.

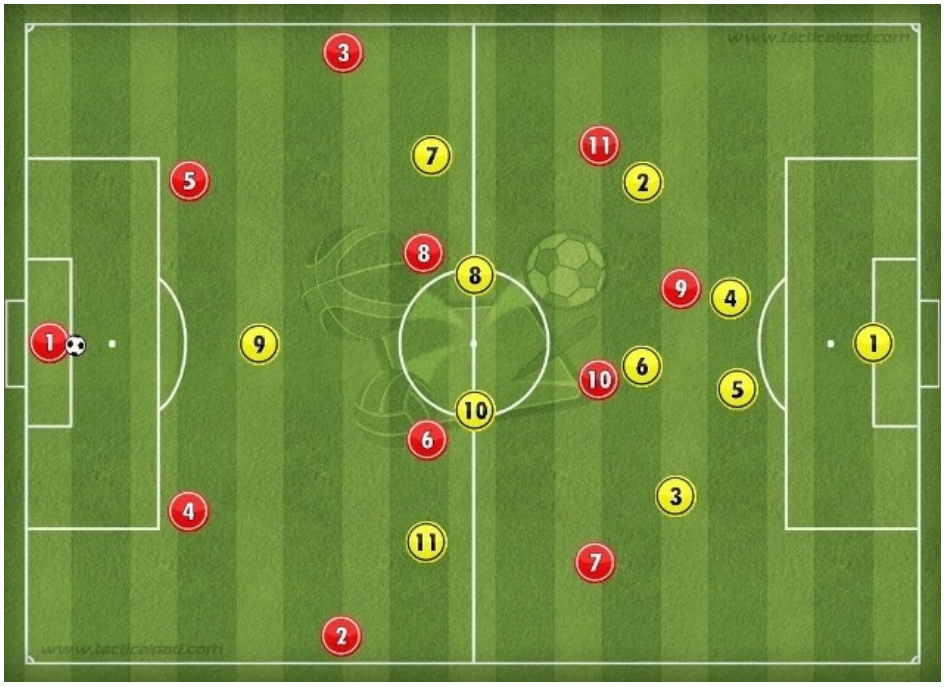


FIGURE 49 - OFFENSIVE ORGANIZATION: GOOD POSITIONAL BALANCE

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with increased tension of the muscular contraction:

Organization: Keeper+6 (Four Backs and the two Center Mids) v 4 (two Wings, Attacking Mid, and a Center Forward). Field marked as depicted: small rectangles are 5 yards on the narrow side.

Description: The ball is played by the red Keeper to one of the Backs who, along with the Center Mids, are limited to their action zones, unable to abandon them when they have possession. From that point, the four yellow opponents try to win possession and score; if red loses possession, they are no longer restricted to their zones and may attempt to recover the ball as well as prevent to be scored upon. As soon as red recovers the ball or the opponents score a goal, all players must return to their original positions and re-start the exercise from the Keeper.

Scoring: If the red team makes ten consecutive passes, it scores a point. The yellow team scores a point per goal. The team with more points at the end wins.

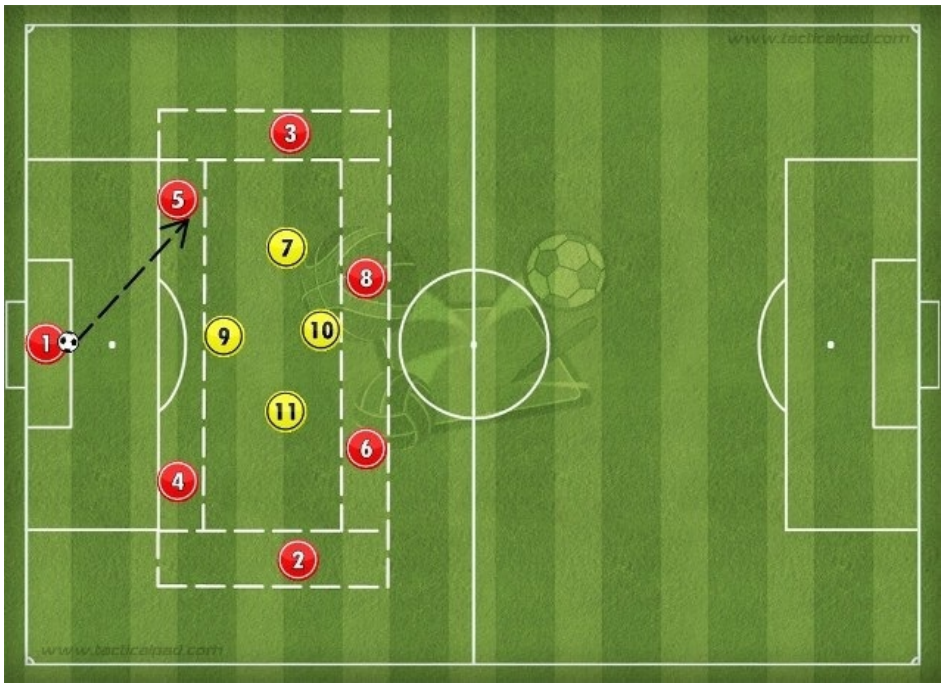


FIGURE 50 - OFFENSIVE ORGANIZATION: GOOD POSITIONAL BALANCE (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with increased muscular contraction duration:

Organization: Keeper+10 v 10+Keeper. Full field with one half restricted as depicted: wide boxes are 50x15 yards; lateral channel boxes are 10x25 yards.

Description: The ball is played by the red Keeper to one of his Defenders whose actions just like the Mids are limited to their own midfield until the ball crosses to the opponent's half. From that point on, the yellow of which only five can be in their attacking midfield try to gain possession and score. If the red team loses possession, all of their players may abandon their restricted zones to defend. Upon ball recovery or a goal allowed, all red players must return to their original positions to initiate a new exercise. The red team's two Wings, Attacking Mid, and Center Forward stay in the attacking half of the field waiting to receive the ball; they can retreat to their own half when their team loses possession. Every time there is a stoppage, the ball restarts with the Keeper.

Scoring: The team that scores the most goals wins.

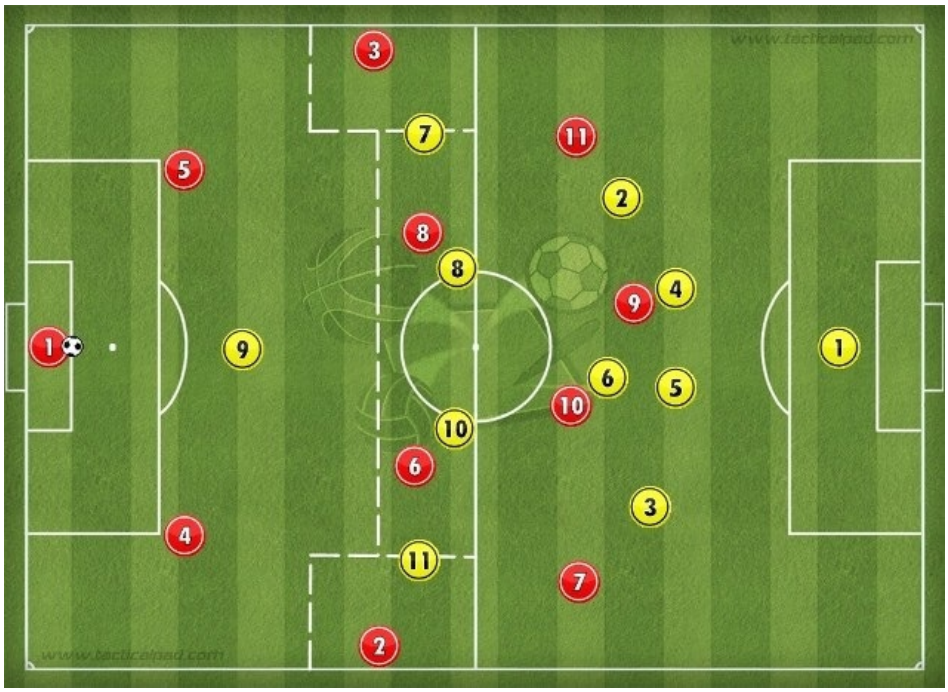


FIGURE 51 - OFFENSIVE ORGANIZATION: GOOD POSITIONAL BALANCE (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples increased speed of the muscular contraction:

Organization: Keeper+6 v 4. Half field marked as depicted. Rectangular spaces red team players are in are 5 yards on the narrow side.

Description: The red Keeper puts the ball in play to one of his Defenders who, just like the Center Mids, are limited to their action zones. The red players can't leave their zones even when they lose the ball. Once the ball is in play, the four opponents try to gain ball possession and score within five seconds. The red team will try to make the highest number of passes possible. The game restarts always from the Keeper if there is a foul, out of bounds or goal.

Scoring: The yellow team scores a point per goal. The red team scores a point per ten passes. The team that scores the most points wins.

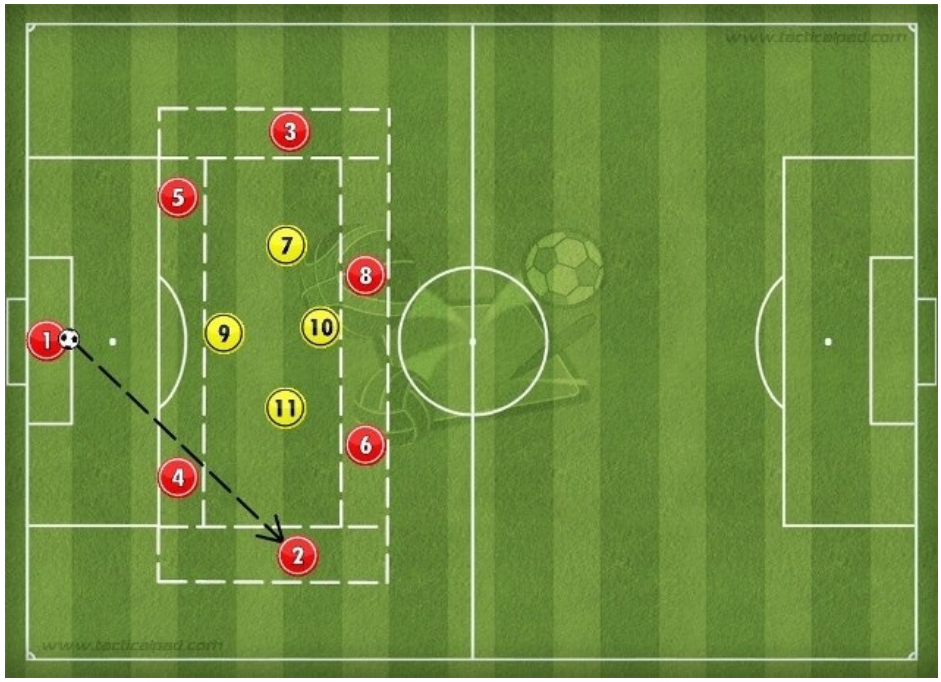


FIGURE 52 - OFFENSIVE ORGANIZATION: GOOD POSITIONAL BALANCE (FRIDAY)

6.2 SubPrinciple – “Defensive Line of 3”

This SubPrinciple of the **1st Build Phase – Attacking Game Build-up**, is characterized by the creation of numerical superiority in the defensive line to be able to circulate the ball in the back; the Center Mid, who has better skills to circulate the ball as well as make a long pass to the more advanced players, drops to the center or lateral zone.

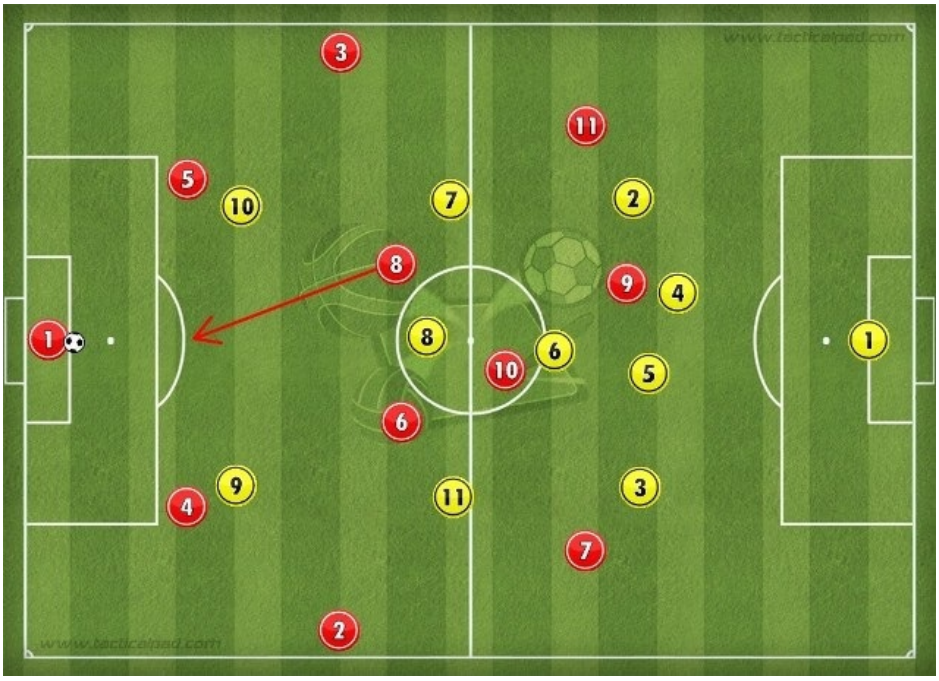


FIGURE 53 – OFFENSIVE ORGANIZATION: DEFENSIVE LINE OF 3

Wednesday – Day of the SubPrinciples and SubSubPrinciples with increased tension of the muscular contraction:

Organization: Keeper+3 v 2 + mini-goal. The exercise field is 44x40 yards as depicted. Two cones form a 3 yard wide goal at the opposite end of the full-size goal.

Description: The red Keeper puts the ball in play to one of his two Center Backs; at this point the Center Mid drops back to form a line of 3 to help with the ball circulation/possession. Once the ball is in play, the two yellow opponents try to recover possession and score. Every time there is a stoppage due to an out of bounds, goal, or foul, the game restarts with the Keeper.

Scoring: Every time the yellow team scores in the big goal, it's worth a point. A point is awarded when red scores in the mini-goal or by connecting ten consecutive passes. The team with the most points wins.

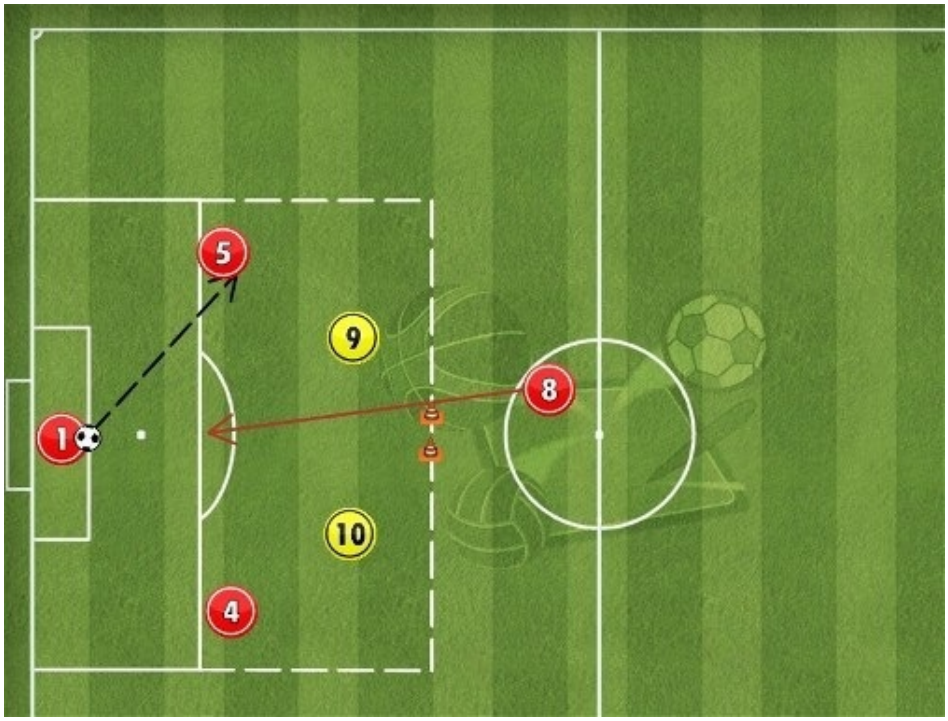


FIGURE 54 – OFFENSIVE ORGANIZATION: DEFENSIVE LINE OF THREE (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the muscular contraction duration increased:

Organization: Keeper+10 v 10+Keeper. Full field with normal size goals; five cones are set 20 yards from the midfield line in one half field as depicted.

Description: The red Keeper starts the play by passing to one of the Center Backs, with the Center Mid dropping back to create a line of 3 to help with ball circulation. The two opposing forwards try to win possession and score. The restricted zone may only have the red Keeper, Center Backs, and Center Mid, and the yellow forwards, creating a Keeper+3v2 situation. A normal game occurs as soon as the ball crosses the restricted zone. The remainder players for both teams stay out of the restricted, zone waiting to receive a pass; they may drop to defend if their team loses possession. Alternatively, the yellow team may enter the restricted zone if they have possession. Every time there is a stoppage due to an out of bounds, goal, or foul, the game re-starts with the Keeper.

Scoring: The team that scores the most goals wins.

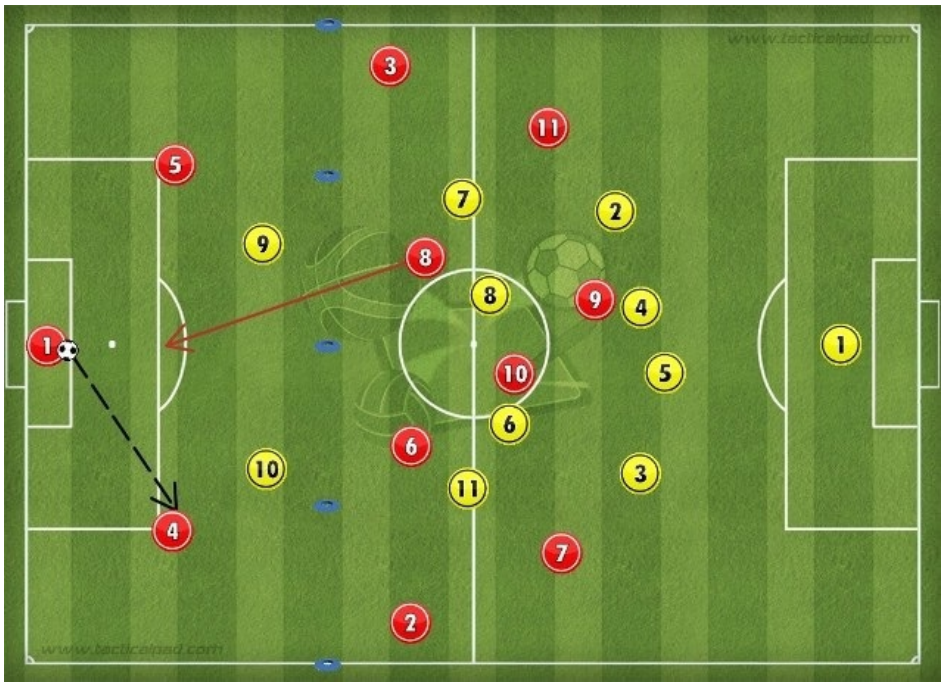


FIGURE 55 - OFFENSIVE ORGANIZATION: DEFENSIVE LINE OF THREE (THURSDAY)

Friday – Day of the SubPrinciples and the SubSubPrinciples with increased speed of the muscular contraction:

Organization: Keeper+3 v 3 + 3 mini-goals. Half field as depicted; cones and mini-goals are placed 20 yards from the midfield line.

Description: At the Coach's signal, the Center Backs and the Center Mid, who are initially at the center circle, run quickly to their positions to receive the ball from the Keeper – these players must form a line of 3 to help ball circulation. Once the ball is in play, the two yellow forwards who were also at the center circle try to recover the ball and score. Every time there is a stoppage due to an out of bounds, goal, or foul, the game restarts with the Keeper.

Scoring: The red team has ten seconds to score in one of the three mini-goals. The team that scores the most goals wins.

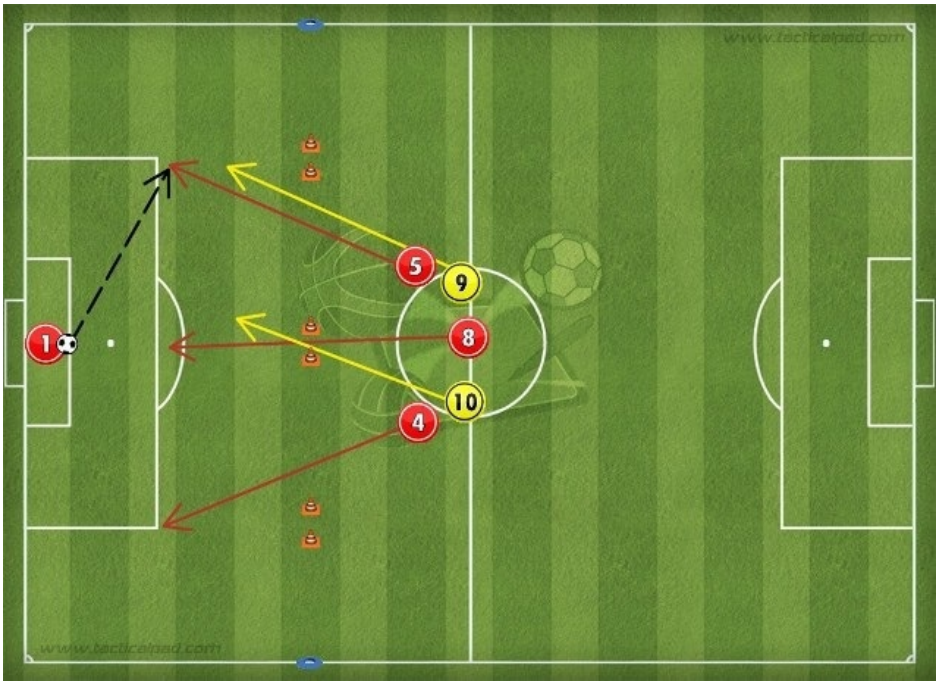


FIGURE 56 - OFFENSIVE ORGANIZATION: DEFENSIVE LINE OF THREE (FRIDAY)

6.3 SubPrinciple – "Keeper with Excellent Feet"

This SubPrinciple of the **1st Build Phase – Attacking Game Build-up** is characterized by the Keeper having a great capacity to receive the ball from one side or another (two good feet) and deliver it to the weak side to move the ball away from pressure.

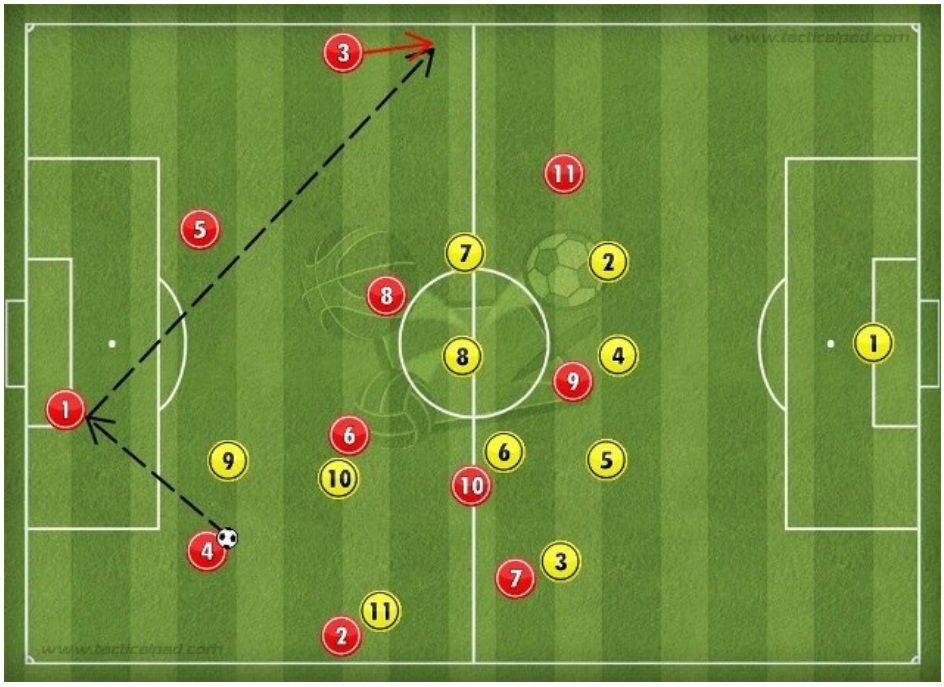


FIGURE 57 - OFFENSIVE ORGANIZATION: KEEPER WITH EXCELLENT FEET

Wednesday – Day of SubPrinciples and of the SubSubPrinciples with increased tension of the muscular contraction:

Organization: Keeper+2 X 3. Half field with two restricted boxes of 10x20 yards. Two hurdles aligned with each post inside the six-yard box. Five cones splitting the half field as depicted.

Description: The ball is played to the Outside Back who is pressured by two opponents. The Keeper who is in the middle of the goal between two hurdles, jumps to the side. The Back is pressured to receive the pass back and deliver the ball to the weak side while being pressured by an opponent. Every time the ball goes out on the side lines, or there is a foul or the Outside Backs are able to receive the ball in the restricted zone, the game is restarted through the other Outside Back that did not start the current game.

Scoring: The Keeper can deliver the ball to either side; however, if he delivers back to the same side by playing the ball back to the player in the restricted zone, the red team gets a point; if after getting the ball back the Keeper delivers to the weak side player in the restricted zone, the red team scores two points.

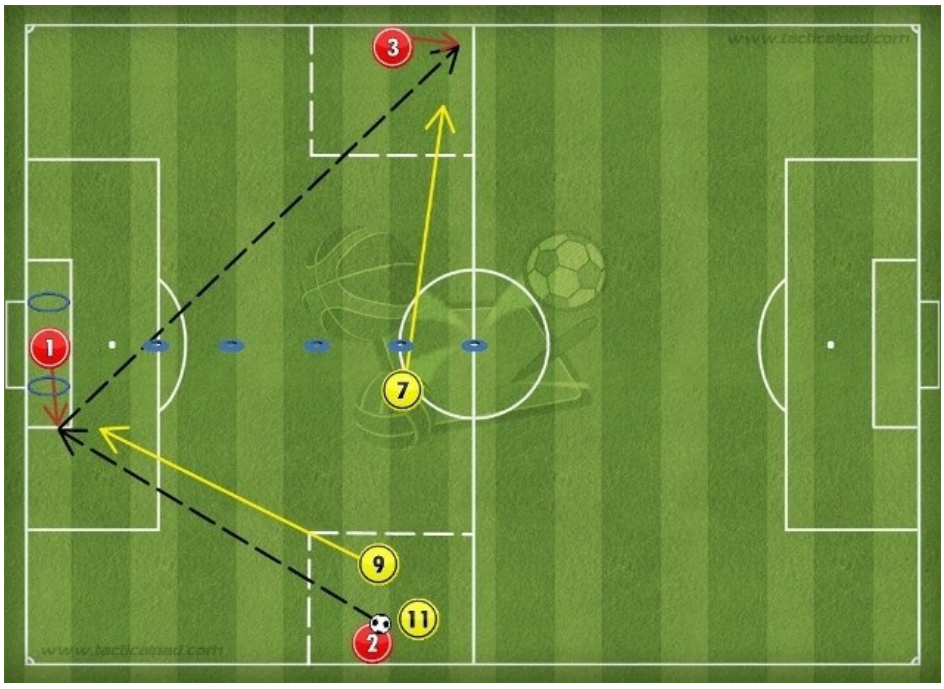


FIGURE 58 - OFFENSIVE ORGANIZATION: KEEPER WITH EXCELLENT FEET (WEDNESDAY)

Thursday – Day of the Macro Principles and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. Full field with two restricted of 20x15 yards.

Description: The game starts with the ball being played to an Outside Back, with the opposing yellow team positioned on the strong side. The ball is passed back to the Keeper who immediately will try to pass it to the Outside Back in the weak side restricted zone. The Keeper can be pressured by the yellow opponents. After the weak-side Outside Back gets the ball, the game proceeds normally. Note that the opponents can't enter that Outside Back's restricted zone until the player has the ball controlled. Every time the ball goes out of bounds or there is a foul or there is a goal, the game is re-started through the other Outside Back that did not start the current exercise.

Scoring: Wins the team that scores the most goals.

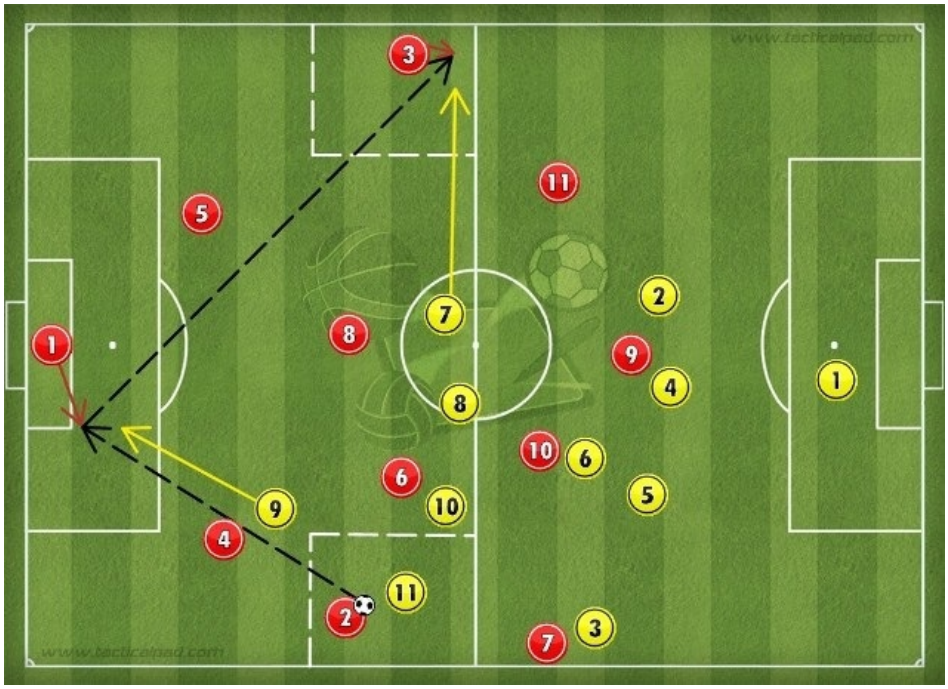


FIGURE 59 - OFFENSIVE ORGANIZATION: KEEPER WITH EXCELLENT FEET (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased sped of the muscular contraction:

Organization: Keeper + 2. Half-field with two restricted 15 x 20 yards boxes as depicted.

Description: At the Coach's signal, the Outside Back with the ball passes back to the Keeper, who picks it up outside the small box; the Keeper must deliver the ball to the weak-side Outside Back in the restricted zone. If the ball is passed outside the restricted zone by the Keeper, the game must restart.

Scoring: Keep track of the duration taken for these actions; wins the faster threesome.

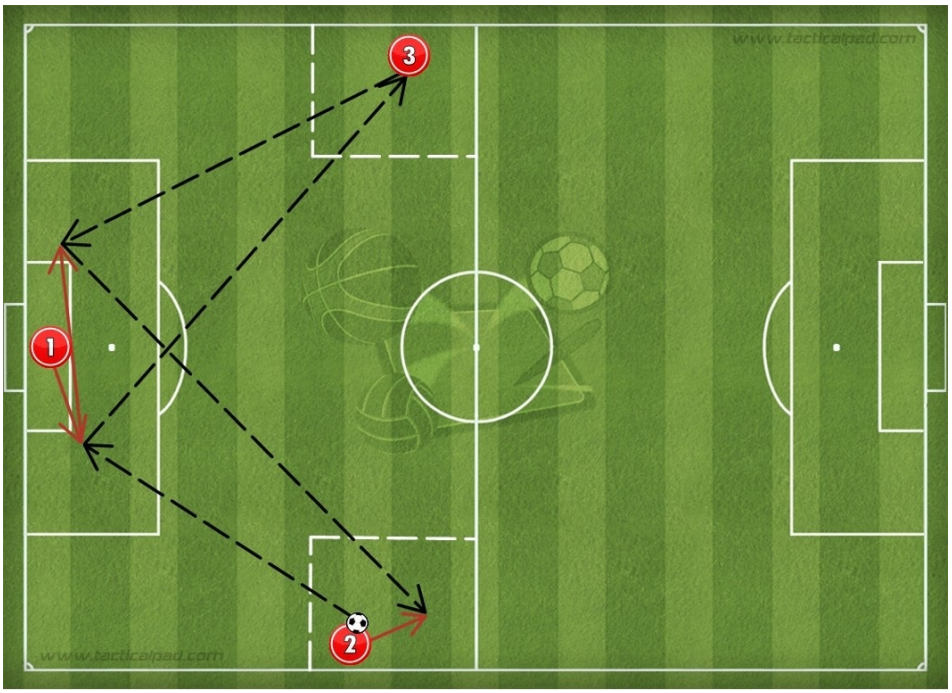


FIGURE 60 - OFFENSIVE ORGANIZATION: KEEPER WITH EXCELLENT FEET (FRIDAY)

6.4 SubPrinciple – "Pass to Attract"

This SubPrinciple of the **1st Build Phase – Attacking Game Build-up** is characterized by the Center Backs passing the ball to the Center Mids, who, under pressure, don't turn; the Center Mids pass it back to the Center Backs who deliver the ball long to the most advanced players. The initial pass from the Center Back to the Center Mid attracts the opponents who move up towards their final third creating space in beyond their back line, especially the space behind the opposing Outside Backs.

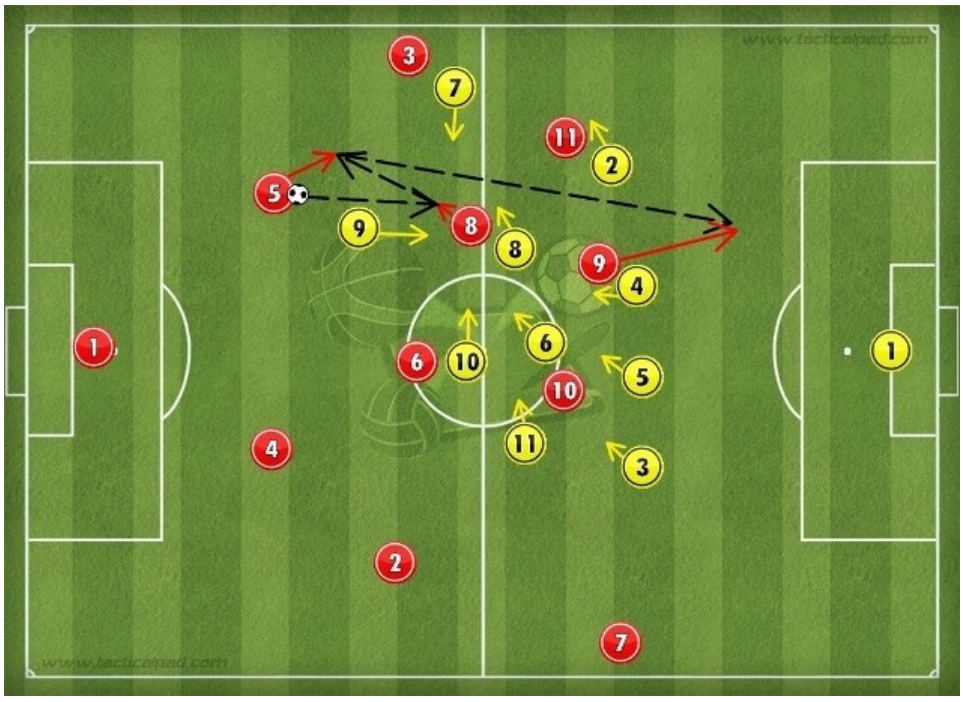


FIGURE 61 - OFFENSIVE ORGANIZATION: PASS TO ATTRACT

Wednesday – Day of SubPrinciples and of the SubSubPrinciples with increased tension of the muscular contraction:

Organization: Keeper+4 v 3 + 2 mini-goals. Half-field; two restricted zones of 35x10 yards contiguous to the box as depicted below.

Description: The Keeper puts the ball in play to one of the Center Backs who, like the two Center Mids, are limited to their action zones while in possession. Once in possession, the three opponents try to win the ball and score in the big goal. Once they lose possession, the red players may leave the restricted zones to defend and recover possession. Once the ball is recovered or a goal is scored the game restarts from the Keeper.

Scoring: Red scores a point if it makes ten consecutive passes or if it scores in a mini-goal; if a Center Mid passes back to a Center Back it scores two points. Yellow team's goals are worth two points each. The team with most points wins.

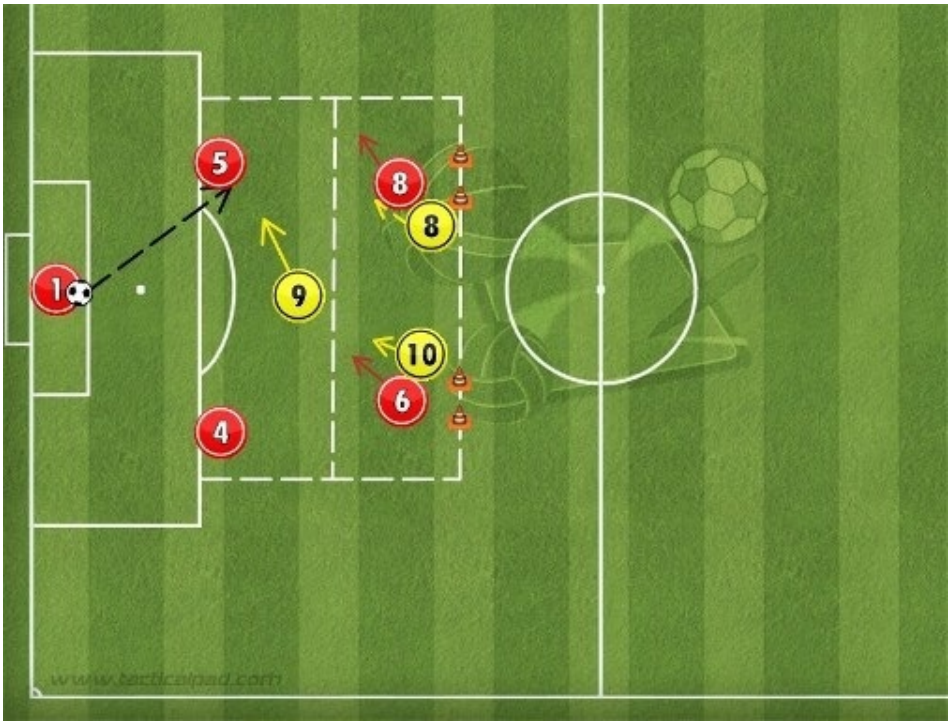


FIGURE 62 - OFFENSIVE ORGANIZATION: PASS TO ATTRACT (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. Full field with a restricted area depicted in one half of the field. The parallel dotted line should be 20 yards from the midfield. The boxes on the lateral channels are 10x25 yards.

Description: The red Keeper passes to one of the Center Backs who along with the Center Mids and Outside Backs are limited to their zones in their own midfield; these players may leave their restricted zones once the ball crosses midfield. The ball can only be passed to the opponent's midfield if: 1) a Center Mid passes the ball back to a Center Back; the latter can pass it to a player in the opponent's half; 2) if they can make ten consecutive passes in their own half; 3) the Outside Backs or the Center Mids are able to cross midfield with the ball controlled. Upon the delivery by the Keeper, the opposing five players allowed in the red half can try to dispossess and score. If yellow gets possession then all red players in both halves are unrestricted to recover the ball. Every time there is a stoppage due to an out of bounds, goal, or foul the game restarts with the Keeper.

Scoring: The team that scores the most goals wins.

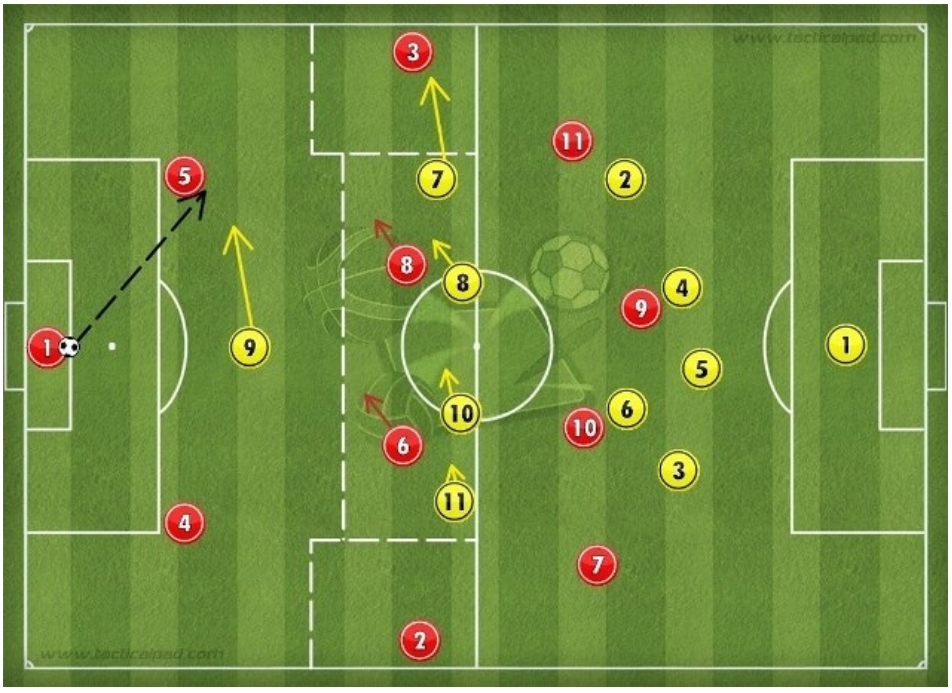


FIGURE 63 - OFFENSIVE ORGANIZATION: PASS TO ATTRACT (THURSDAY)

Friday – <u>Day of the SubPrinciples and SubSubPrinciples with increased speed of the muscular contraction</u>:

<u>Organization</u>: Keeper+4 v 3. Half-field; two restricted zones of 35x15 yards contiguous to the big box as depicted below.

<u>Description</u>: The red Keeper starts by passing to one of the Center Backs and the two Center Mids who are limited to their zones even if they lose possession. Once red is in possession, the three opponents try to dispossess and score in five seconds. If there is a stoppage in play due to an out of bounds, foul, or goal the game restarts with the Keeper.

<u>Scoring</u>: The red team attempts to make the highest number of passes possible in the predetermined time. Each pass from a Center Mid to a Center Back is worth two points.

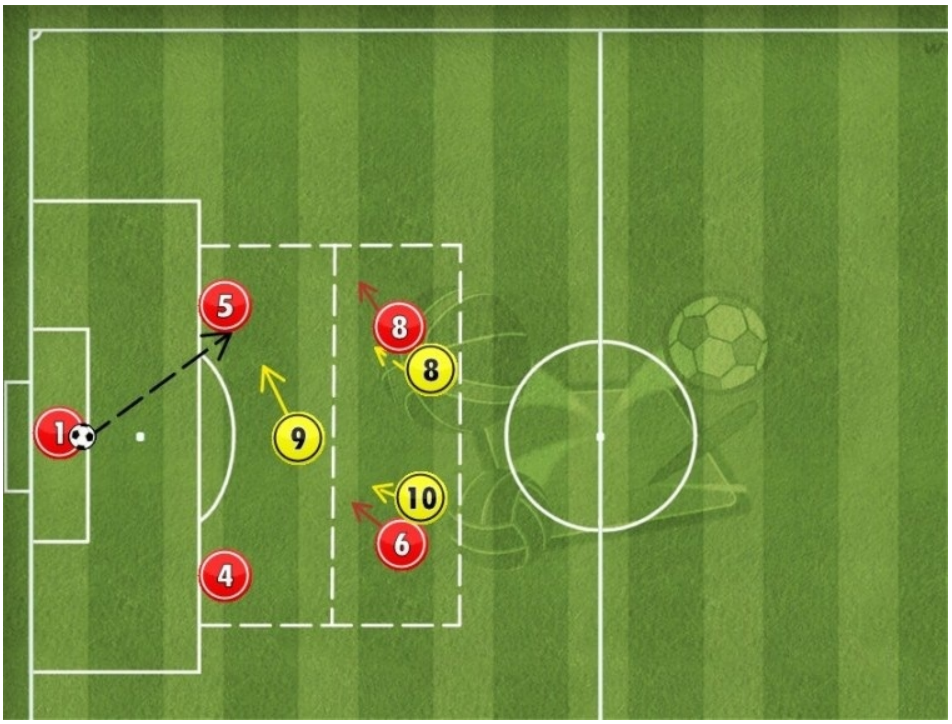


FIGURE 64 - OFFENSIVE ORGANIZATION: PASS TO ATTRACT (FRIDAY)

6.5 SubPrinciple – “Playing Direct”

This SubPrinciple of the **1st Build Phase – Attacking Game Build-up**, is characterized by the Keeper and the Defenders trying to connect with the more advanced players through a long pass when under pressure. The more advanced players are positioned to make a Big Field, covering it at full width and with as much depth as possible. The long pass can be to a Forward who passes it to a teammate in space or allows the Mids to win the second ball or it can be delivered behind the opposing outside backs to take advantage of the wings speed.

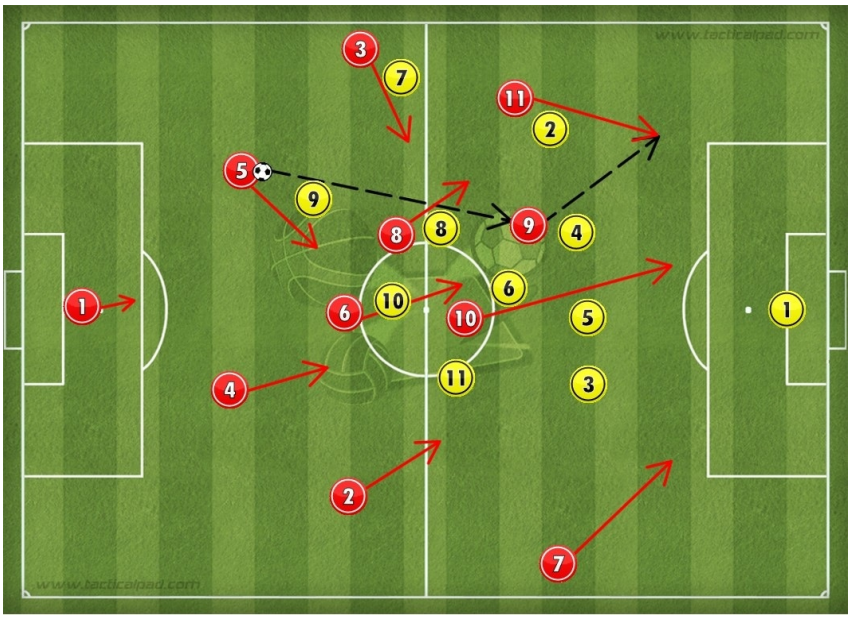


FIGURE 65 - OFFENSIVE ORGANIZATION: PLAYING DIRECT

Wednesday – Day of the SubPrinciple and of the SubSubPrinciples with increased tension of the muscular contraction:

Organization: 2 mini-goals+5 v 4+Keeper. Half field; contiguous box to the big box with one edge tangent to the center circle and lateral sides connected to the big box lateral edges. Four cones forming two 3-yards-wide goals.

Description: The ball is put in play by the red Center Mid to a Center Forward or Center Mid who is under pressure by two opposing defenders. As soon as the ball is put in play long by the Center Mid, all players move into the restricted zone. The player receiving the ball has four passing options. If there is a stoppage in play due to an out of bounds, foul, or goal the game re-starts with the Center Mid.

Scoring: The red team scores in the big goal, while the yellow team scores in the mini-goals.

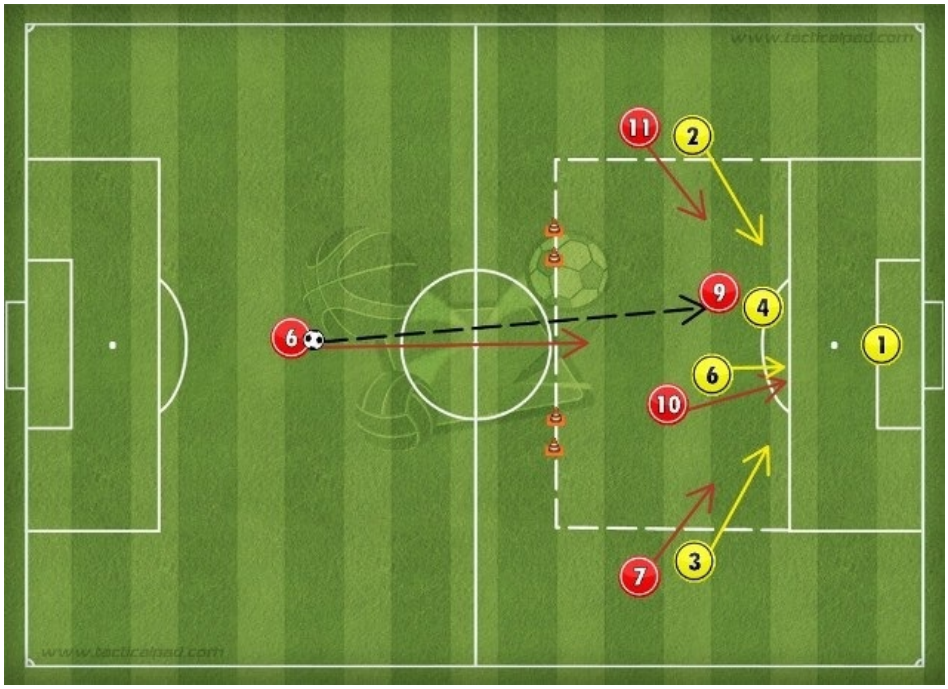


FIGURE 66 - OFFENSIVE ORGANIZATION: DIRECT GAME (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of muscular contraction:

Scoring: Keeper+10 v 10+Keeper. Use the full field with four restricted boxes of 5x5 yards each.

Description: The Keeper plays the ball long to one of the four more advanced players to head it while challenged by one opponent. Only one player from each team can be in the restricted spaces to receive the Keeper's pass. Once the ball is received by one of the targets, the game is on. The player that receives the ball can flick it over the defenders into the space behind their backs for a teammate's run. Alternatively, the receiver of the Keeper's pass may deliver to a player coming from behind in support. If there is a stoppage in play due to an out of bounds, foul, or goal the game restarts with the Keeper and everyone back to the original positions.

Scoring: Each time the ball is passed from the receiver to a teammate the red team scores a point. Each goal is worth two points. The team that scores the most points wins.

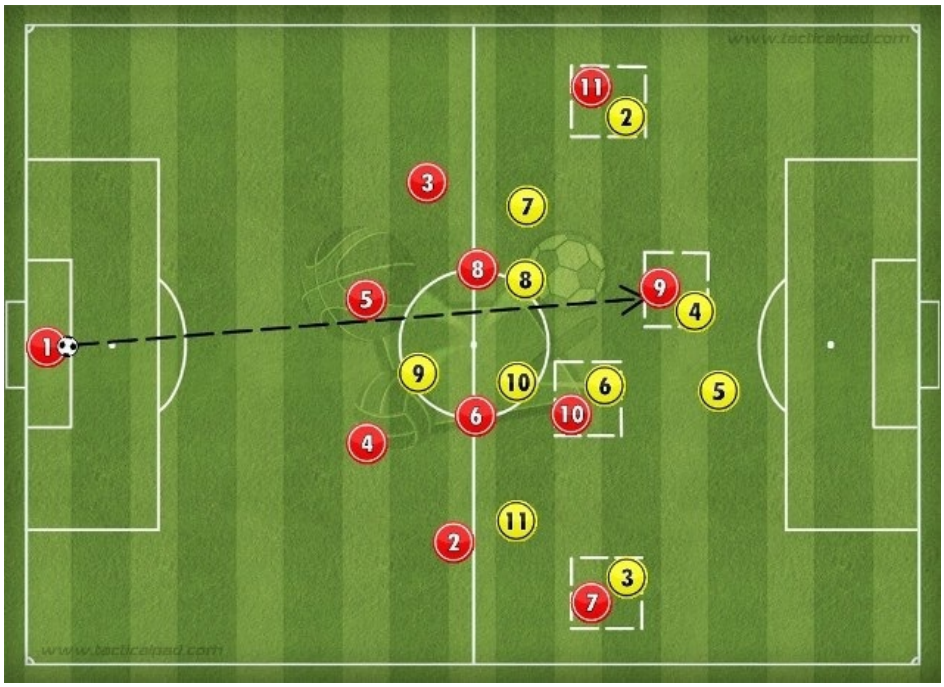


FIGURE 67 - OFFENSIVE ORGANIZATION: DIRECT GAME (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with increased speed of the muscular contraction:

Organization: Keeper+2 v 0+Keeper. Each team has two players on the opposing half in a restricted zone which they may leave after the Keeper punts the ball. Full field with two restricted 5x5 yards boxes in each half as depicted.

Description: At the Coach's signal each Keeper punts a long ball for the Winger to head it towards the Attacking Mid run. This situation can have multiple variants by playing the ball to a player such as the Attacking Mid who serves to the Winger's run, etc.

Scoring: Each team tries to score before the opposing team scores.

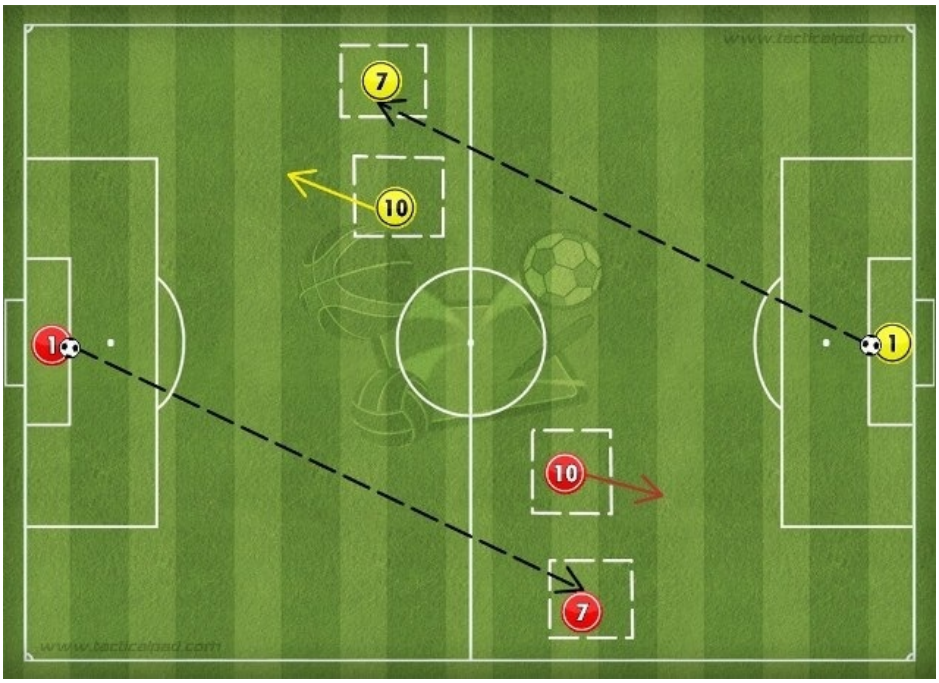


FIGURE 68 - OFFENSIVE ORGANIZATION: DIRECT GAME (FRIDAY)

6.6 SubPrinciple – “Offensive Unity”

This SubPrinciple of the **1st Build Phase – Attacking Game Build-up**, is characterized by the movement of all the players up field when the ball is played long to a more advanced player. This will enable the ability to win the second ball as well as enable ball circulation in addition to facilitating the execution of other Moments of the Game – “Unbreakable Wholeness”.

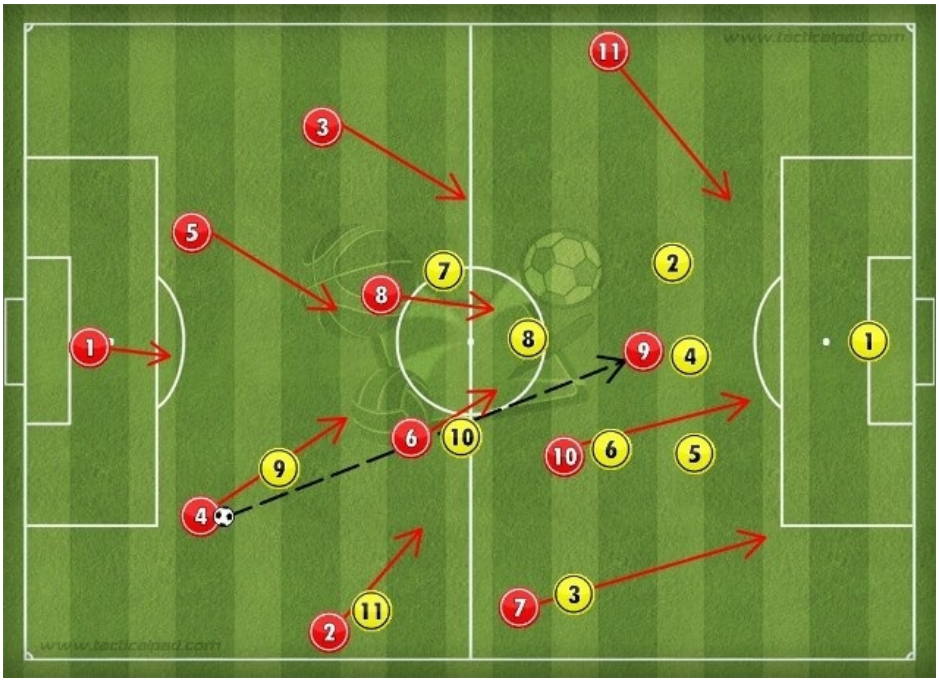


FIGURE 69 – OFFENSIVE ORGANIZATION: OFFENSIVE UNITY

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: Keeper+4(2) v 4(2)+Keeper. Full field with two 44x20 yards areas contiguous to the midfield and two boxes of 44x5 yards where four players from each team starts the exercise from as depicted.

Description: A red Defender plays the ball long to the Center-Forward or to the Attacking-Mid who are in the opposite half past the restricted areas. All other yellow players then run into the "playing area" to win possession as the ball was passed back to one of the Backs by the Center Forward or the Attacking Mid. The four backs for each team will try to keep possession in the bigger restricted area (44x40 yards) as well as try to pass the ball on the ground to the Center Forward or Attacking Mid. These players focus on scoring in the big goal. Once the ball is received by the Center Forward or Attacking Mid the opposing backs may run back to defend their goal.

Scoring: The goal is valid if and only if the scoring team's defenders have crossed into the opponent's half.

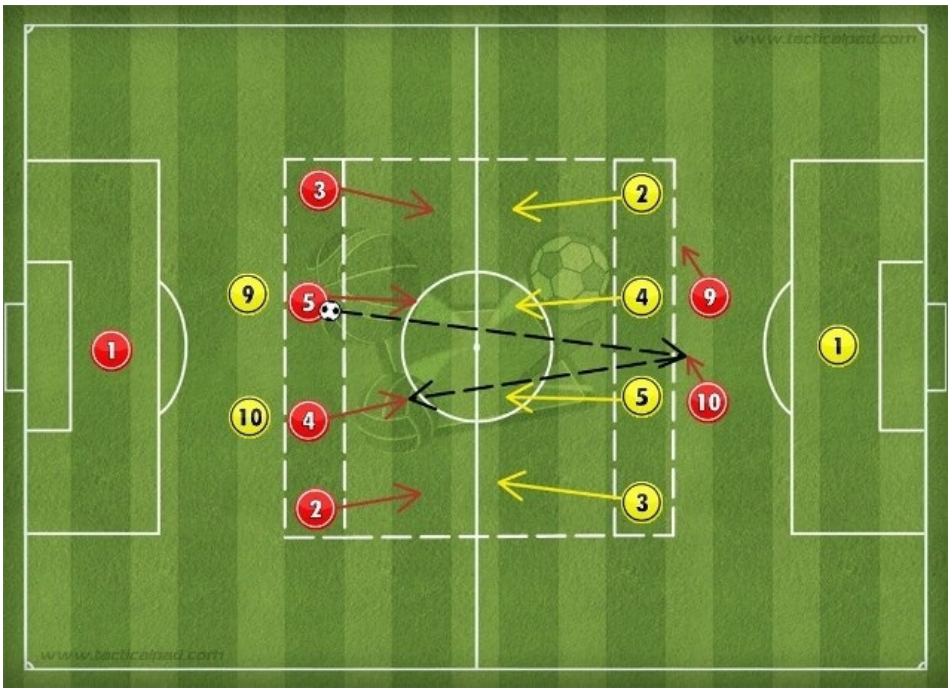


FIGURE 70 - OFFENSIVE ORGANIZATION: OFFENSIVE UNITY (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. Use a full field as depicted. Dotted lines are 15 and 25 yards respectively from the midfield line.

Description: The red Keeper plays a long high ball to be headed by one of the four players on the opponent's half of the field; these four players are being marked by six yellow opponents as depicted below. When the ball is played by the red Keeper, all the players near him run to the playing area contiguous to the midfield to receive the second ball from one of the attacking players. At this point, a regular game is played. If there is a stoppage, the players return to the original positions to re-start the exercise.

Scoring: The team that receives the ball from the attacking player's pass back is awarded a point. A goal is worth two points. The team which ends up with the most points wins.

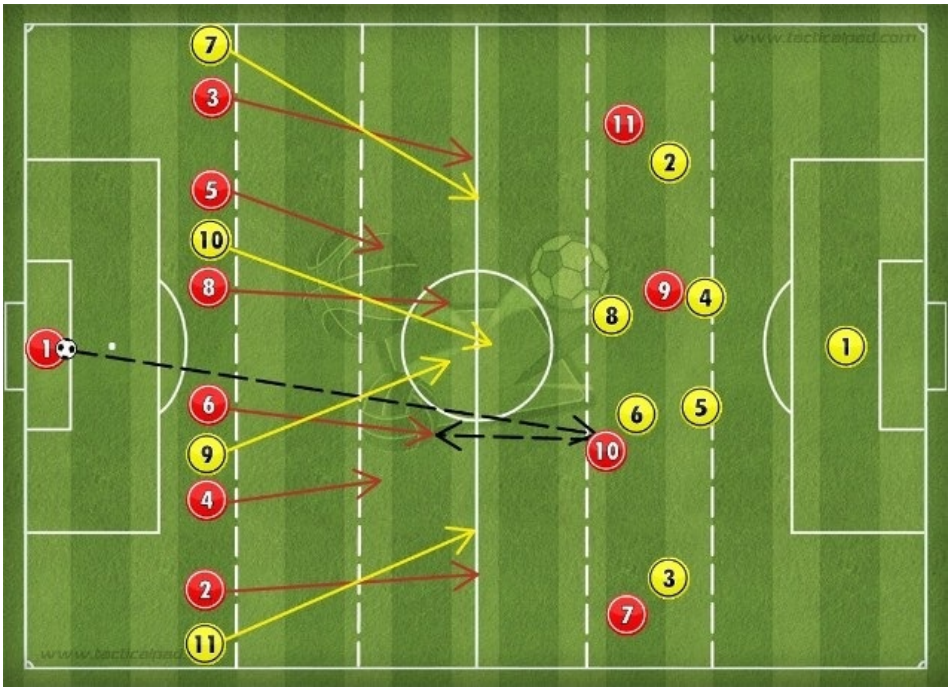


FIGURE 71 - OFFENSIVE ORGANIZATION: OFFENSIVE UNITY (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with increased speed of the muscular contraction:

Organization: Keeper+3 v 0+Keeper. Two teams of three players each (Center-Back, Outside Back and Center-Forward) playing in a full field.

Description: At the Coach's signal, each team's Keeper passes the ball to the Center Back who serves it long to the Center Forward. Upon receiving the pass in the air, the Center Forward heads back towards the center circle where the Center Back ran to receive the pass back. The Center Back proceeds to make a deep long pass to the Outside Back who crosses the ball to the Center Forward, who has run into the box, to finish. Variables to this situation include using the other Center Back and any of the players involved in finishing situations.

Scoring: The team who scores first wins.

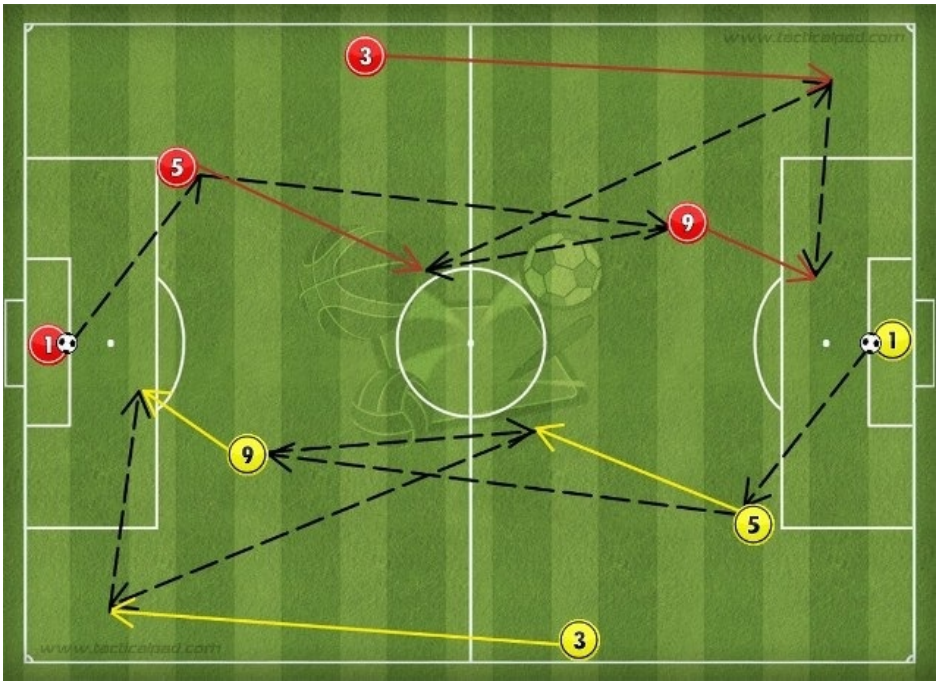


FIGURE 72 - OFFENSIVE ORGANIZATION: OFFENSIVE UNITY (FRIDAY)

6.7 SubPrinciple – Big Field

This SubPrinciple of the **2nd Build Phase – Create Finishing Situations**, is characterized by ensuring there are at least two players in maximum width, e.g. Wingers or Outside Backs, and at least one player in maximum depth, e.g. Center Forward, Attacking Mid or Wingers.

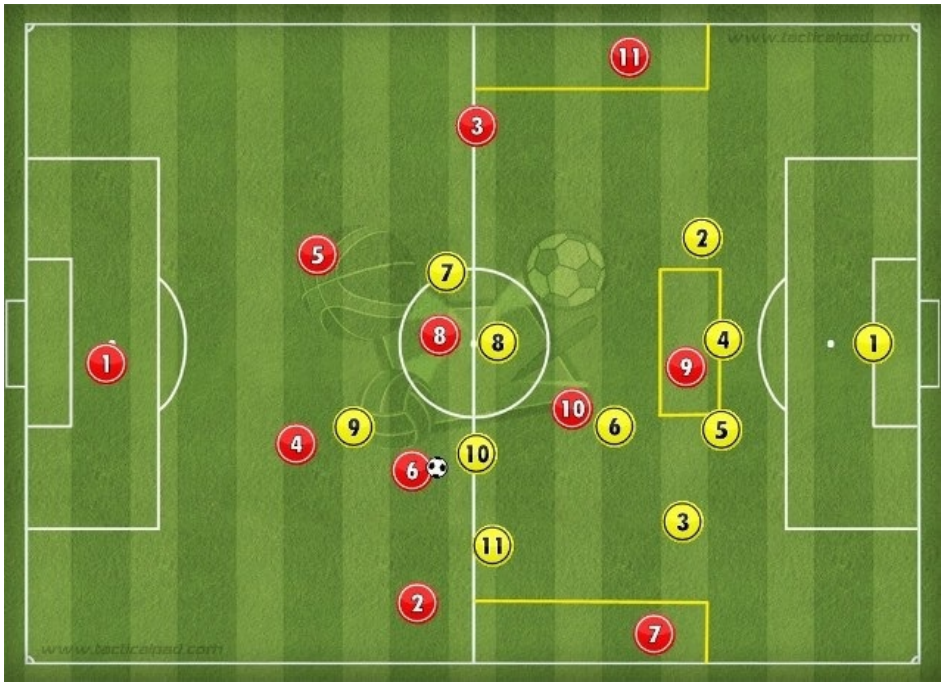


FIGURE 73 - OFFENSIVE ORGANIZATION: BIG FIELD

Wednesday – Day of the SubPrinciples and SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 6 v 3+3. A field of play as depicted below with five restricted zones in each half contiguous to the midfield: two lateral zones – width – and one central zone – depth. The area is 44x40 yards across the midfield line. The narrow side of each smaller rectangle measures 5 yards. The red team is comprised of 2 Outside Backs, 2 Wings, a Center Mid and a Center Forward.

Description: The red team tries to keep possession on his half, with consecutive passes. The yellow team composed of three players in reds' defensive half works to win possession and pass it to their teammates on their side of the field to obtain a 6 v 3 game numerical advantage. The three players' group rotates throughout the exercise. The wide and deep zones in each field must always be occupied with players in those zones alternating depending on who needs to press the other side, e.g. first the Outside-Backs and Attacking Mid, then the Wings and the Center-Forward.

Scoring: A team scores if it makes 10 consecutive passes.

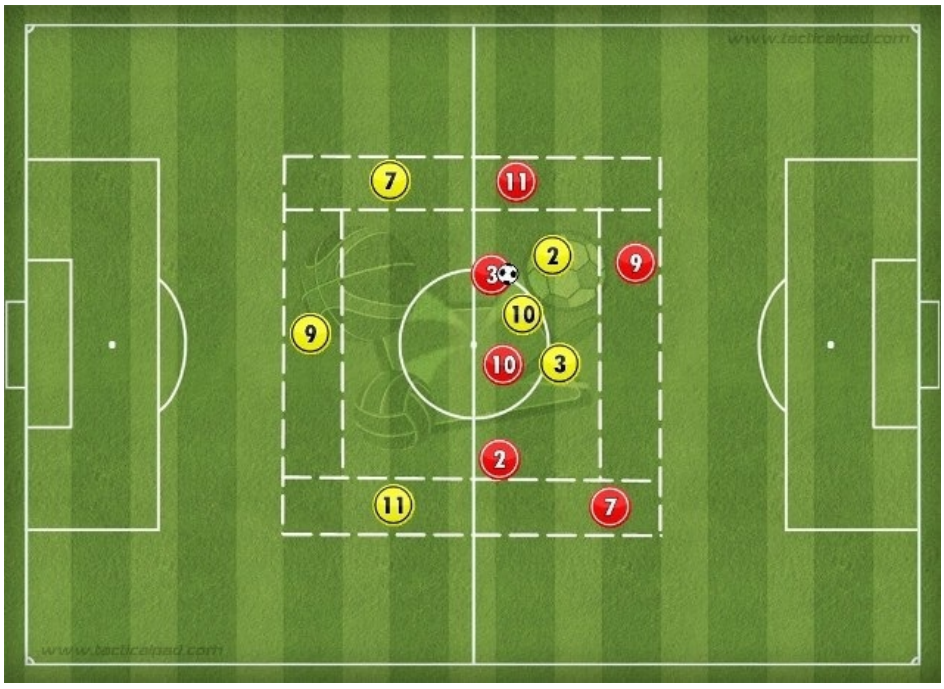


FIGURE 74 - OFFENSIVE ORGANIZATION: BIG FIELD (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increase duration of the muscular contraction:

Organization: Keeper+9 v 9+Keeper. Use the full field up to the boxes, with two cones set-up as full width goals as depicted. Each half has three restricted zones plus two in the lateral channels – width – and one in central channel – depth. The three restricted zones on each side, starting at the box are of 44x10, 44x5 and 44x20 yards respectively. The lateral channels are broken up as depicted.

Description: The team in possession must always have the Wings in the restricted lateral zones and the Center Forward in the central restricted zone to make a big field, otherwise they forfeit possession. Upon possession loss, those players may abandon the restricted zones and help recover the ball. As an alternative, the coach may have the Outside Backs in the lateral zones instead of the Wingers, and the Attacking Mid in the central zone instead of the Center Forward.

Scoring: The team that scores the most goals wins.

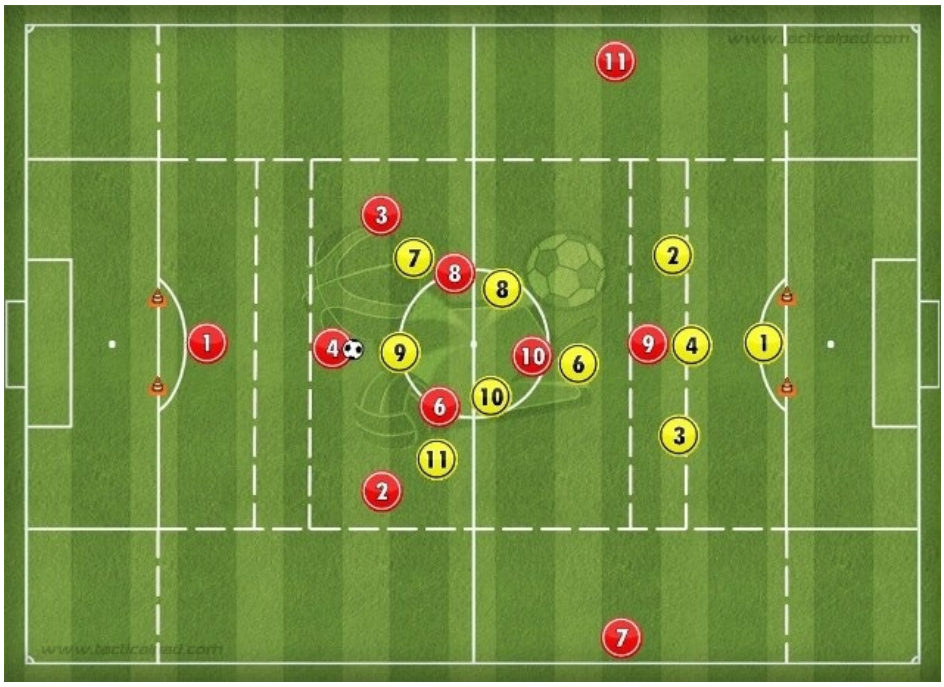


FIGURE 75 - OFFENSIVE ORGANIZATION: BIG FIELD (THURSDAY)

Friday – Day of the SubPrinciples and the SubSubPrinciples with increased speed of the muscular contraction:

Organization: 3 mini-goals + 6 v 4 + 3 Keepers in 3 full-size goals. Half field with six restricted zones as depicted: four lateral zones for width of 25x35 and 25x10 yards plus two central zones for depth of 25x35 and 25x10 yards.

Description: The red team composed of two Outside Backs, two Wingers, an Attacking Mid, and a Center Forward, tries to score a goal within 10 seconds in one of the three mini-goals. The yellow team with four field players is composed by two Outside Backs, a Center Back, and a Center Mid. The red team must always have the Wingers in the lateral zones and the Center Forward in his central restricted zone to make it a big field, or else they forfeit possession. Upon loss of possession those players may get out of their zones to help recover the ball. The yellow team tries to prevent from being scored upon and to recover the ball; once in possession the yellow team may try to score in one of the three mini-goals. As an alternative the Coach may place the Outside Backs instead of the Wingers on the outside corridors and the Attacking Mid in place of the Center Forward.

Scoring: The red team tries to score a goal within 10 seconds in one of the three mini-goals. The yellow team once in possession may try to score in one of the three big goals.

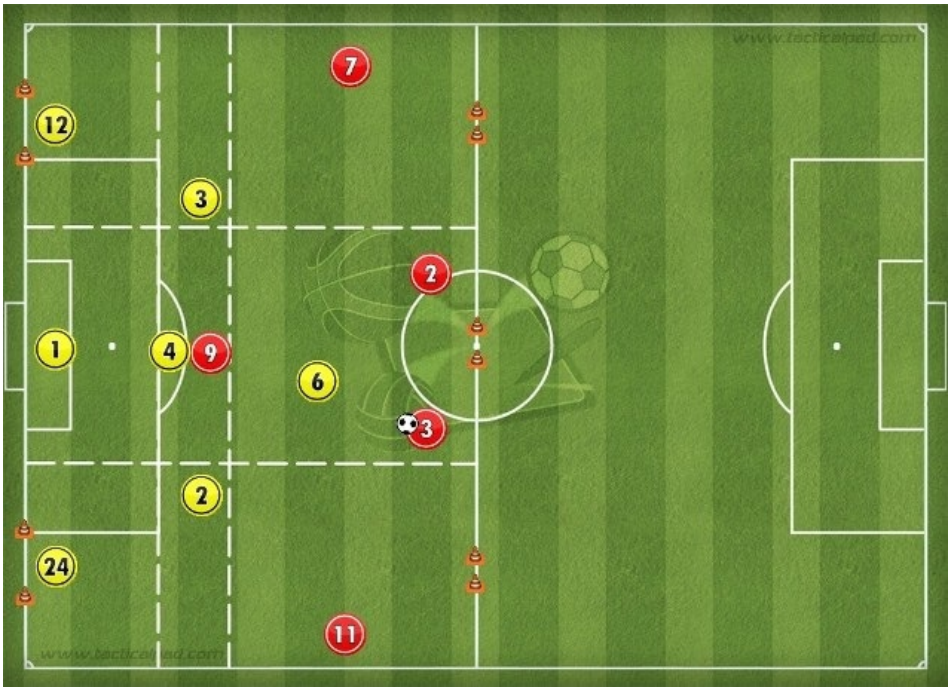


Figure 76 - Offensive Organization: Big Field (Friday)

6.8 SubPrinciple – “Wingers and Outside Backs in Different Lanes”

This SubPrinciple of the **2nd Build Phase – Creating Finishing Situations** is characterized by preferably the Wingers being wider than the Outside Backs who are in a more interior lane. However, if the Wingers go inside, the Outside Backs must move to the outside to ensure the maximum team width.

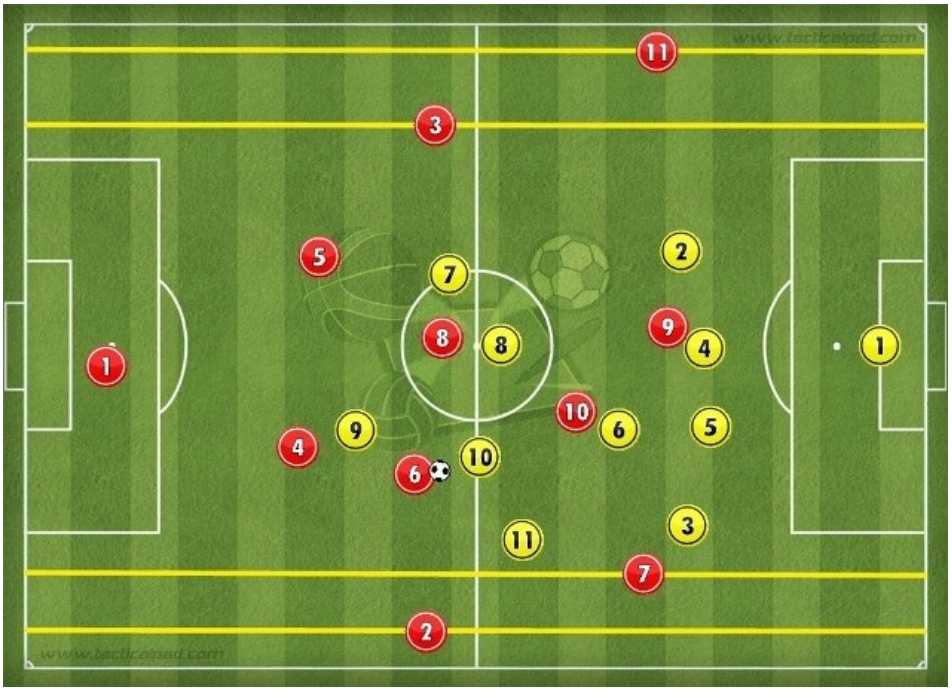


FIGURE 77 - OFFENSIVE ORGANIZATION: WINGERS AND OUTSIDE BACKS IN DIFFERENT LANES

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 5 v 5 with an Attacking Joker. The game field is divided in five lanes, 44x20 yards on each side of midfield as depicted. Four flags to make the corners of the end zones.

Description: The team in possession must always have players in the five lanes: the central lane must be occupied by the Center Mid, and the outside lanes occupied by the Outside Backs and Wingers, else they forfeit ball possession. The preference is for the Wingers to play in the outside lanes, but if they come inside, the Outside Backs should go the outside lanes. The team without the ball tries to gain possession but it does not have to have players in all lanes.

Scoring: For each 10 consecutive passes a point is scored. If a team crosses the end line with the ball under controlled it scores two points. The team who scores the most points wins.

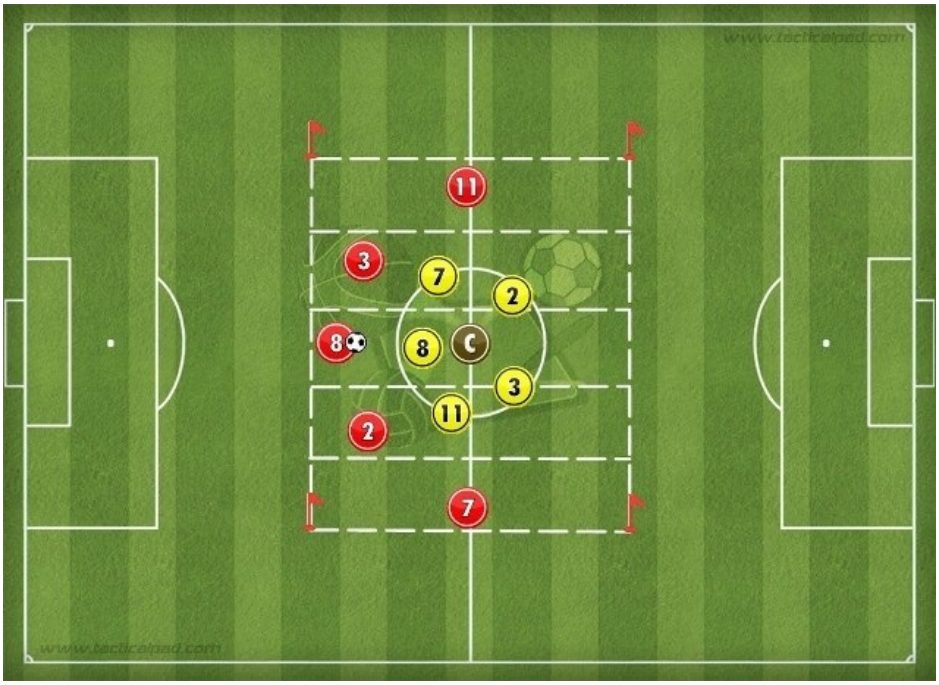


FIGURE 78 - OFFENSIVE ORGANIZATION: WINGERS AND OUTSIDE BACKS IN DIFFERENT LANES (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper + 9 v 9 + Keeper. Playing area is box to box with two full-size goals made out of cones. Two 10-yards-wide outside lanes parallel to the side lines on each side of the field.

Description: The team in possession must always have a player in each of the four channels or forfeit possession. Preferably the Wingers should be in the outside lane and the Outside Backs inside. These players may switch lanes as needed. When a team loses possession, the players may leave their restricted lanes to help in the ball recovery.

Scoring: The team who scores the most goals wins.

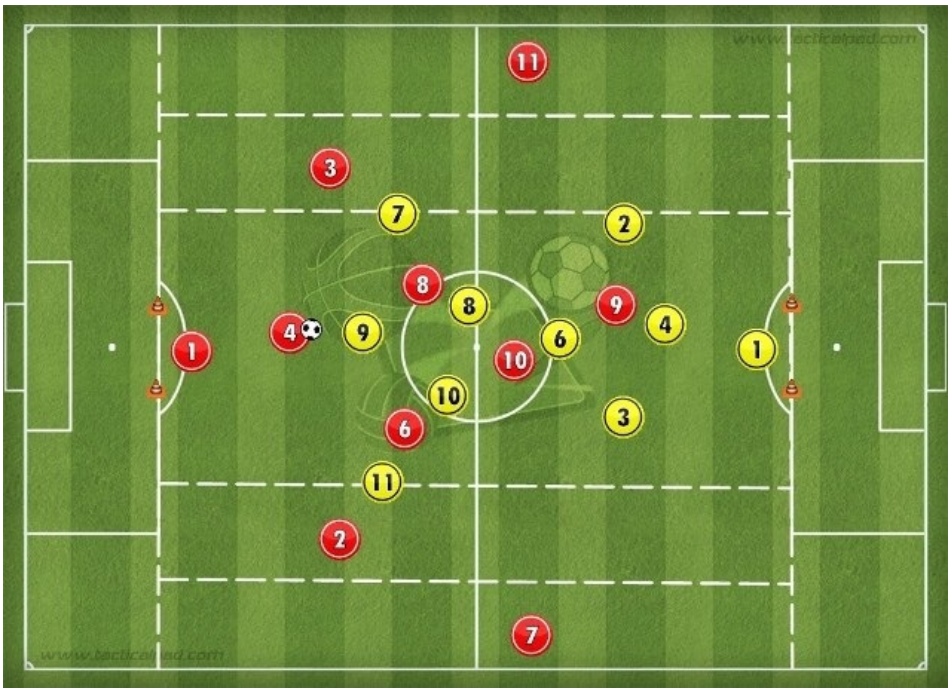


FIGURE 79 - OFFENSIVE ORGANIZATION: WINGERS AND OUTSIDE BACKS IN DIFFERENT LANES (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with increased speed of the muscular contraction:

Organization: Two teams of four players: Outside Back, Attacking Mid, Winger and Center Forward. 4 v 2 + Keeper on each half. Each of the two lanes is 10 yards wide as depicted. Yellow and red cones set an area of 10x10 yards on each half as depicted.

Description: At the Coach's signal, each team's Attacking Mid passes the ball to the Center Forward who passes to the Outside Back or to the Winger who is limited to the outer lanes – these lanes must always be occupied by a player each. Upon reception the Outside Back and the Winger in a 2v1 situation vs. the opposing defender try to service the Attacking Mid or the Center Forward in the central lane also in a 2v1 advantage. If the defenders win possession they try to place the ball in the designated space in the other midfield.

Scoring: The team who scores first wins.

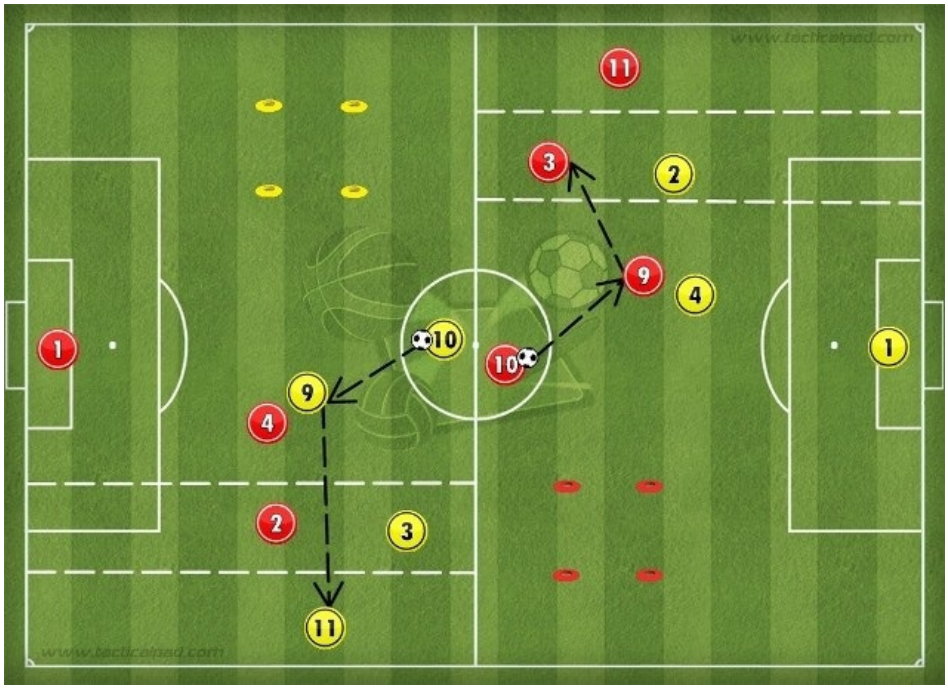


FIGURE 80 - OFFENSIVE ORGANIZATION: WINGERS AND OUTSIDE BACKS IN DIFFERENT LANES (FRIDAY)

6.9 SubPrinciple – "Positional Organization (triangles, diamonds, diagonals, etc.) which Permits a Permanent Relationship (possibility of a pass) Among the Players"

This SubPrinciple of the **2nd Build Phase – Creation of Finishing Situations**, is characterized by ensuring to always have passing lanes amongst the players to be able to circulate the ball.

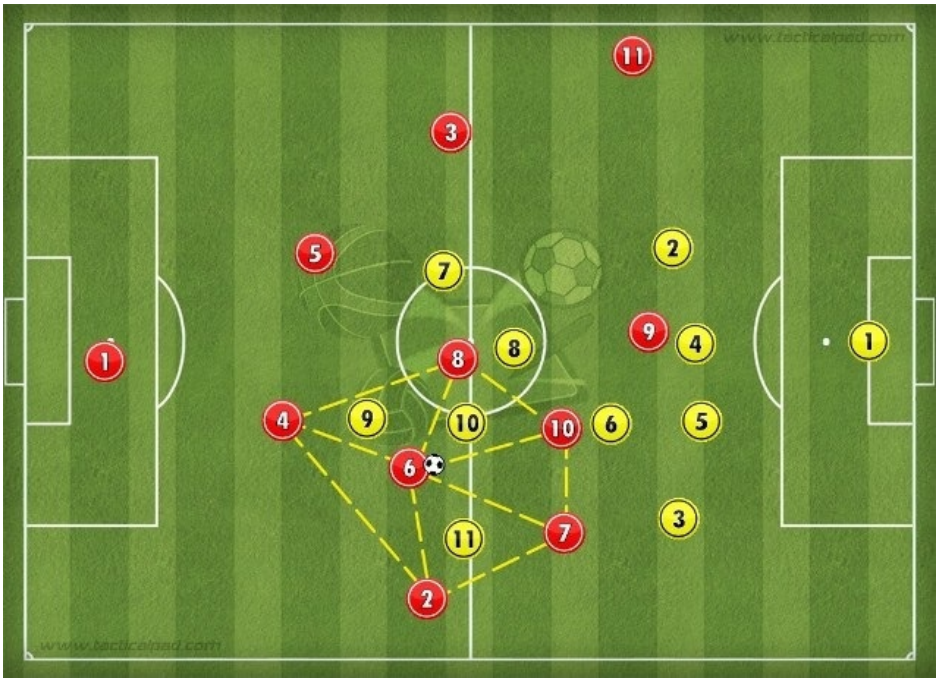


FIGURE 81 - OFFENSIVE ORGANIZATION: POSITIONAL ORGANIZATION WHICH PERMITS A PERMANENT RELATIONSHIP AMONG THE PLAYERS

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of muscular contraction:

Organization: 6 v 4. The red team is composed of six players that include: two Center Mids, two Wingers, Attacking Mid and Center Forward. The exercise field is 25x25 yards.

Description: In a rectangular space near the big circle as depicted below, the red team tries to keep possession the longest time possible. Five red players play in the space on the edge of the box and the Center Mid plays inside the circle. The yellow team with four players tries to steal the ball and carry it outside the "box". When losing possession the red team moves inside the "box" to try to recover possession quickly.

Scoring: Ten consecutive passes by the red team scores a point. Every time the Center Mid receives the ball, turns, and passes to a teammate in other side of the box a point he scores for red. Every time the yellow team steals the ball, they score a point. The team that scores the most points wins.

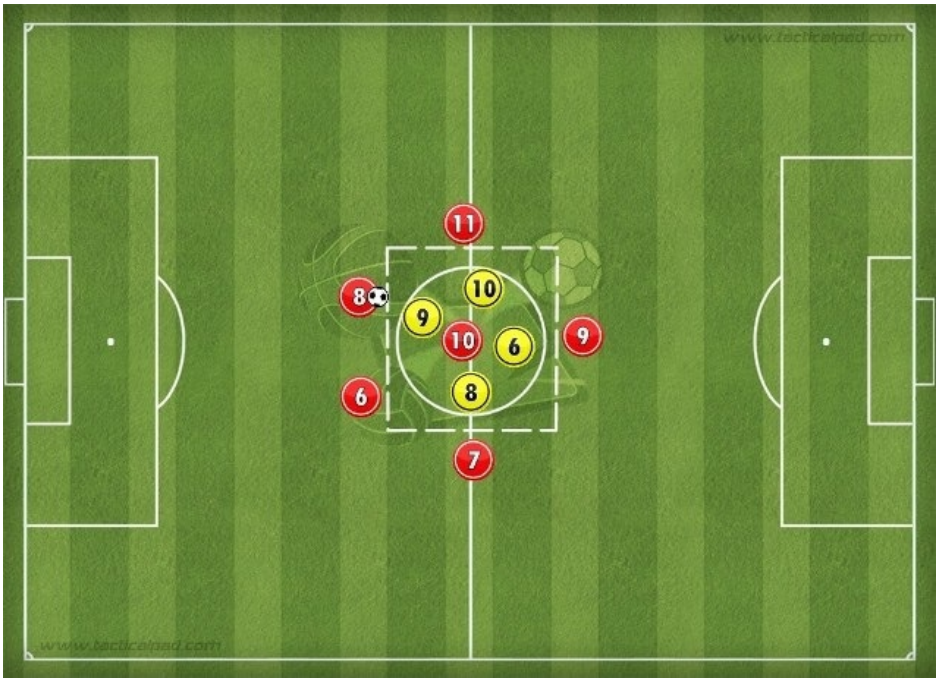


FIGURE 82 - OFFENSIVE ORGANIZATION: POSITIONAL ORGANIZATION WHICH PERMITS A PERMANENT RELATIONSHIP AMONG THE PLAYERS (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with increased duration of the muscular contraction:

Organization : Keeper + 10 v 10 + Keeper with 2 Attacking Jokers. Field of play is box to box with two full-size goals made out of cones.

Description: The team in possession will have the two Jokers on their side. The team in possession tries to keep the ball and make 10 consecutive passes, while the opposing team tries to steal the ball.

Scoring: For each 10 consecutive passes a point is scored. The team who scores the most points wins.

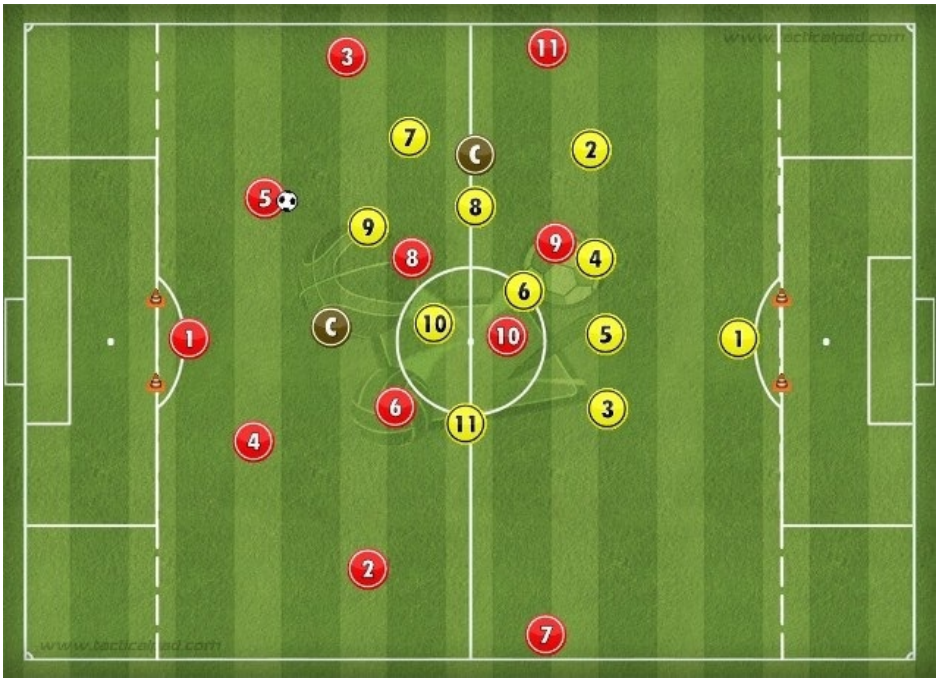


FIGURE 83 - OFFENSIVE ORGANIZATION: POSITIONAL ORGANIZATION WHICH PERMITS A PERMANENT RELATIONSHIP AMONG THE PLAYERS (THURSDAY)

Friday – <u>Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction</u>:

<u>Organization</u>: 6 v 4. The red team is composed of six players that include: two Center Mids, two Wingers, an Attacking Mid, and a Center Forward. The field is 25x25 yards.

<u>Description</u>: In a rectangular space near the big circle as depicted below, the red team tries to make the most number of passes in the predetermined game time. Five players play in the space outside the box and the Center Mid plays inside the circle. The yellow team with four players tries to win possession. When the Center Mid receives the ball, turns, and passes to a teammate in the other side of the box it counts as two passes.

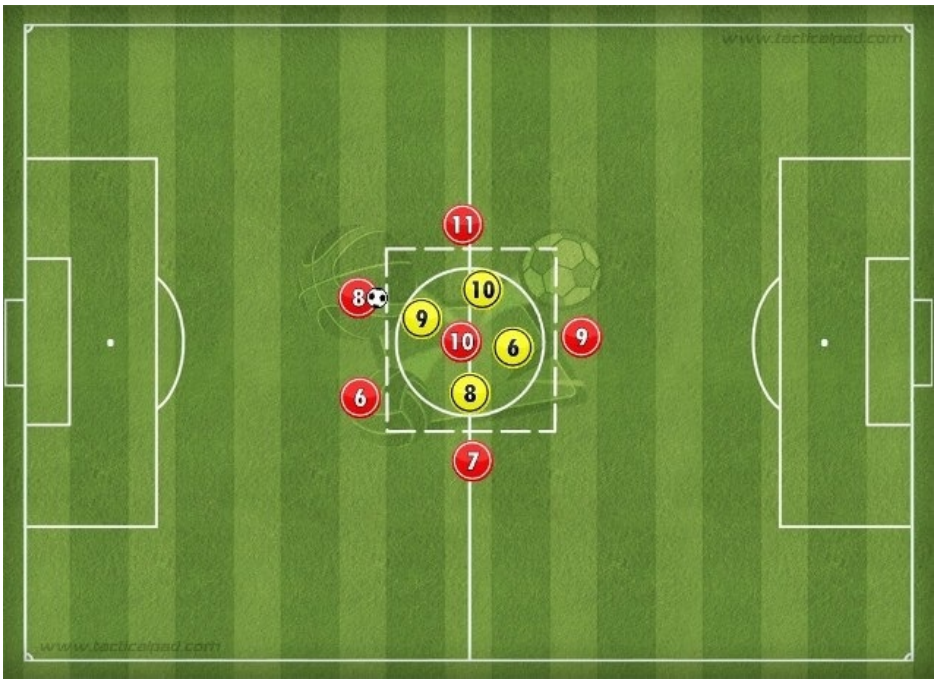


FIGURE 84 - OFFENSIVE ORGANIZATION: POSITIONAL ORGANIZATION WHICH PERMITS A PERMANENT RELATIONSHIP AMONG THE PLAYERS (FRIDAY)

6.10 SubPrinciple – “Drive an Attack towards Favorable Progression Zones”

This SubPrinciple of the **2nd Build Phase – Creating Finishing Situations**, is characterized by steering the attack to the zones with less defensive density: opposite lateral zones or spaces behind the opponent’s defensive line. The attack should be driven where the most unbalancing players are: Wingers and Attacking Mid/Center Forward. The latter become more unbalancing when making diagonal runs towards the lateral channels.

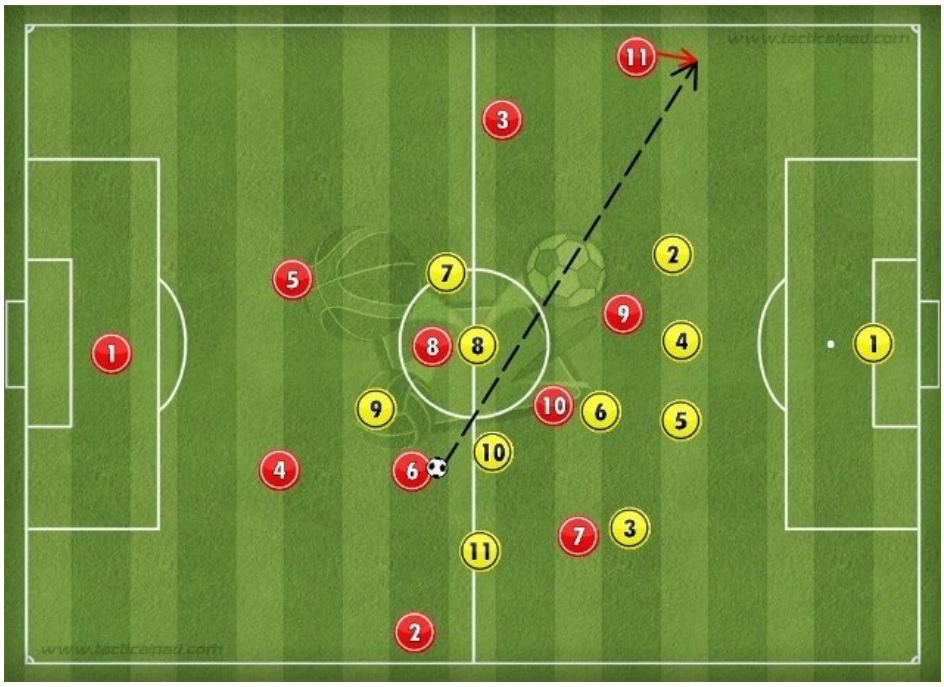


FIGURE 85 - OFFENSIVE ORGANIZATION: DRIVE AN ATTACK TOWARDS FAVORABLE PROGRESSION ZONES

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 4 v 4 with two Outside Attacking Jokers. The field is divided into four boxes near the central circle. The four boxes are 25x20 yards each. The narrow boxes contiguous to the four boxes are 44x5 yards each. Four flags mark the four corners on each half as depicted. Each of the lateral channels is occupied by the Outside Attacking Jokers. The central channels are occupied by four players from each team: two Center Mids, an Attacking Mid, and a Center Forward.

Description: The teams play 4 v 4 in the central channels. The team in possession may use the Outside Back Jokers to help in the possession and circulation of the ball. The point of the game is possession and passing with the opposing team trying to win possession.

Scoring: Each time the team in possession is able to switch the point of attack, they score a point. Ten consecutive passes also score a point. If a pass is connected in the opposing team's final zone, it scores a point – the offside is part of the game. The team with the most points wins.

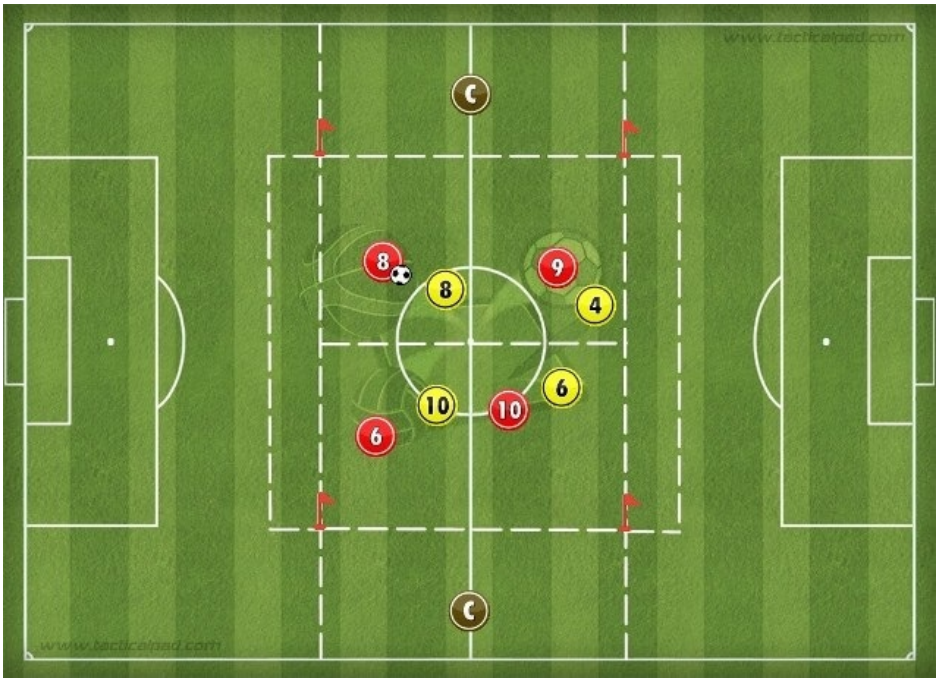


FIGURE 86 - OFFENSIVE ORGANIZATION: DRIVE AN ATTACK TOWARDS FAVORABLE PROGRESSION ZONES (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper + 9 v 9 + Keeper with two Attacking Wing Jokers. The lateral channels are occupied by the Outside Jokers, one on each channel, like two Wingers. The central channels are occupied by nine players from each team. The dotted lines parallel to the midfield line are 20 yards away from it. The Jokers' channels are 10 yards wide. Four flags mark the corners of the central channels.

Description: The teams play 9v9 in the central channels. The team in possession may use the Outside Jokers to help in the possession and circulation of the ball. The team scores by trying to cross the opposite team's end line carrying the ball or through passes behind the opposite team's defensive line. The defenders can only enter the final zone if the opposite forwards do so. The offside rule is enforced.

Scoring: If a team switches the ball to the opposite lateral channel where it came from, it scores a point. Every time a team scores a goal it's worth two points. The team that has the most points within the predetermined time wins.

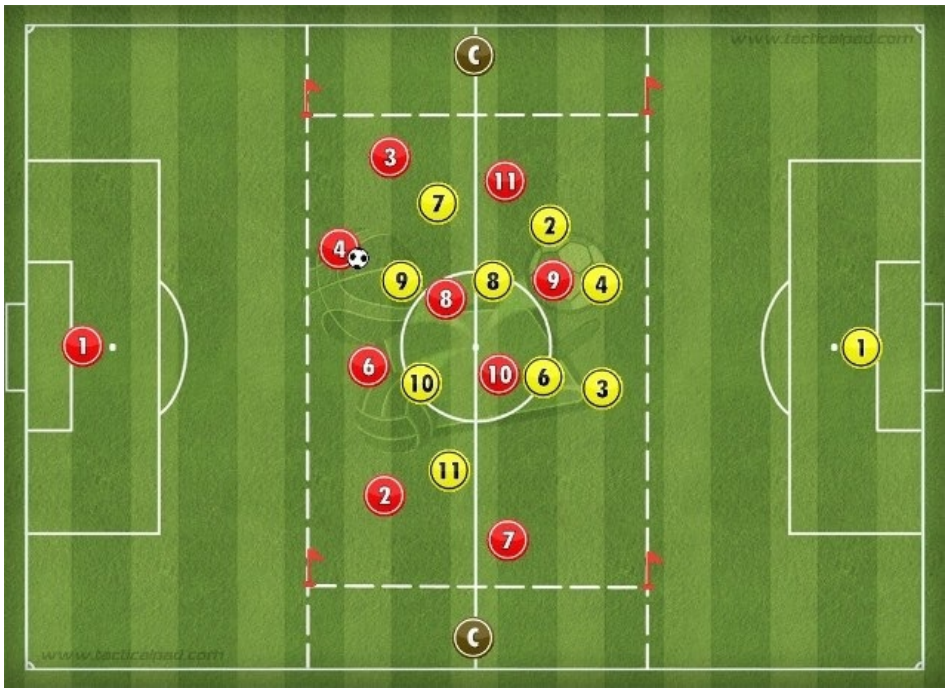


FIGURE 87 - OFFENSIVE ORGANIZATION: DRIVE AN ATTACK TOWARDS FAVORABLE PROGRESSION ZONES (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with increased speed of the muscular contraction:

Organization**:** 5 v 3 + Keeper on each half. Two half-fields used simultaneously. The dotted lines parallel to the midfield line are 20 yards away from it. The Jokers' channels are 10 yards wide. The lateral channels are occupied by the Wingers of the attacking team. The central channels are occupied by three players from each team: the attacking team will have the Center Mid, the Attacking Mid, and the Center Forward; the defending team will have the two Center Backs and one Outside Back.

Description: Each half has a game going to goal as depicted. At the coach's signal, each team's Left Wing passes the ball to the Center Mid who will serve long to the Right Wing. From that point on, the attacking team may score quickly. The defenders can only drop behind the final line in front of the box. The offside rule is enforced.

Scoring: The team who scores first wins.

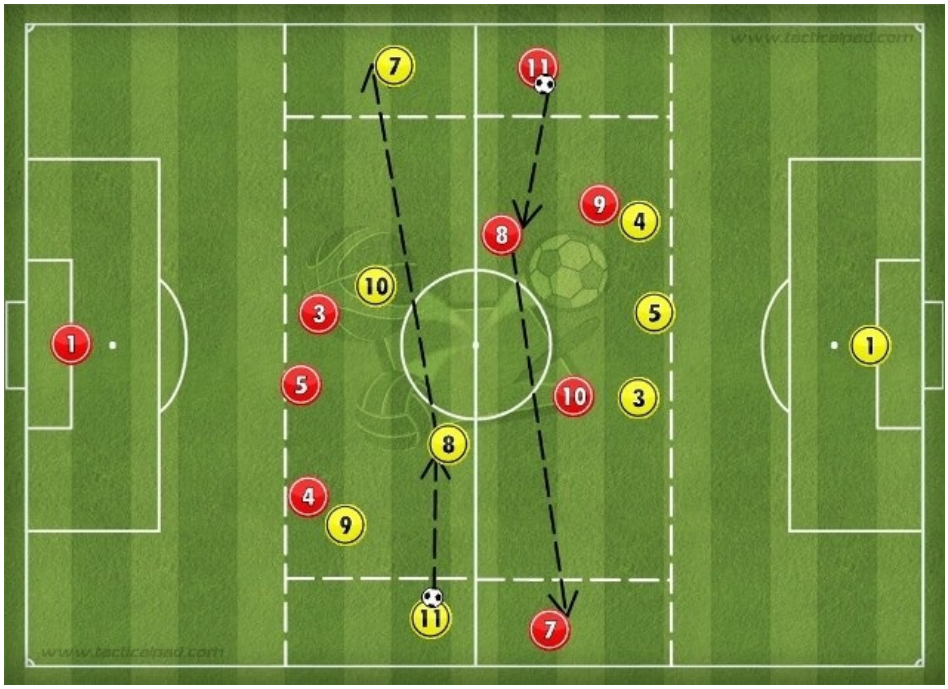


FIGURE 88 - OFFENSIVE ORGANIZATION: DRIVE AN ATTACK TOWARDS FAVORABLE PROGRESSION ZONES (FRIDAY)

6.11 SubPrinciple – “Crossing under Favorable Conditions”

This SubPrinciple of the **3rd Build Phase/Finishing Phase – Finishing Attacking Actions Efficiently**, is characterized by ensuring that the players that execute the crosses into the box have the capability to read their teammates movements in the finishing zone: cross on the ground or in the air; first post or second post; cross back, etc. If no one is in finishing conditions, the cross should not be executed. If unable to cross the player should try to gain a corner, or pass to a supporting player to enable the teammates to position themselves so to enable them to finish.

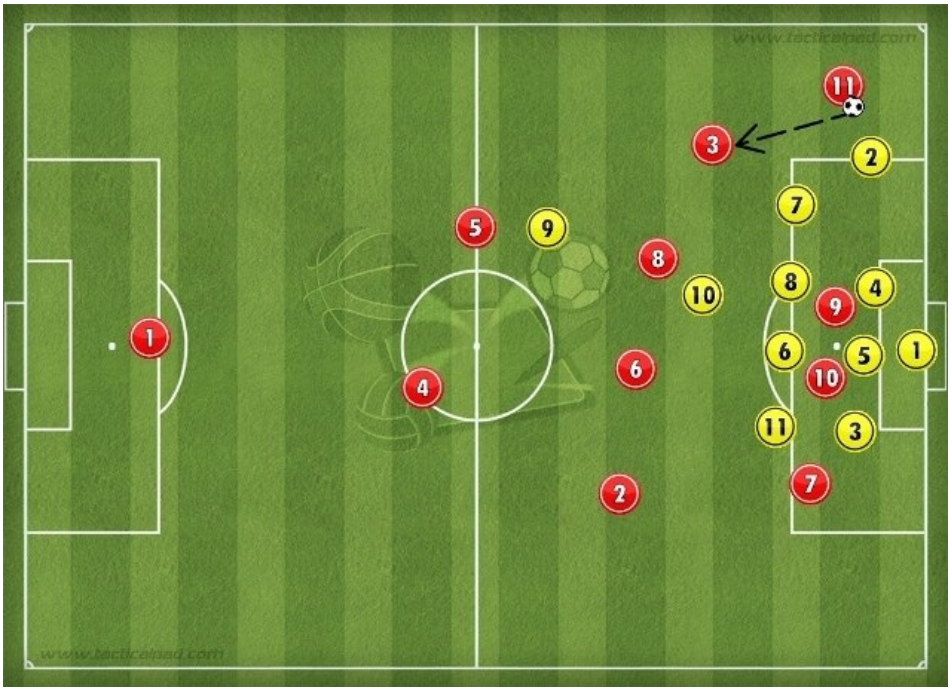


FIGURE 89 - OFFENSIVE ORGANIZATION: CROSSING UNDER FAVORABLE CONDITIONS

Wednesday – Day of the SubPrinciples and the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: Keeper + 4 v 4 + Keeper with two Outside Attacking Jokers. Inside the box, two teams, composed of four players and a Keeper, face each other with two regular size goals. The corner boxes are marked by four cones each.

Description: In the space between the edge of the box and the sideline there are two Outside Attacking Jokers: Backs or Wingers. These players are responsible for executing the crosses into the box for their attacking teammates to finish.

Scoring: The goal is valid if it comes from a cross.

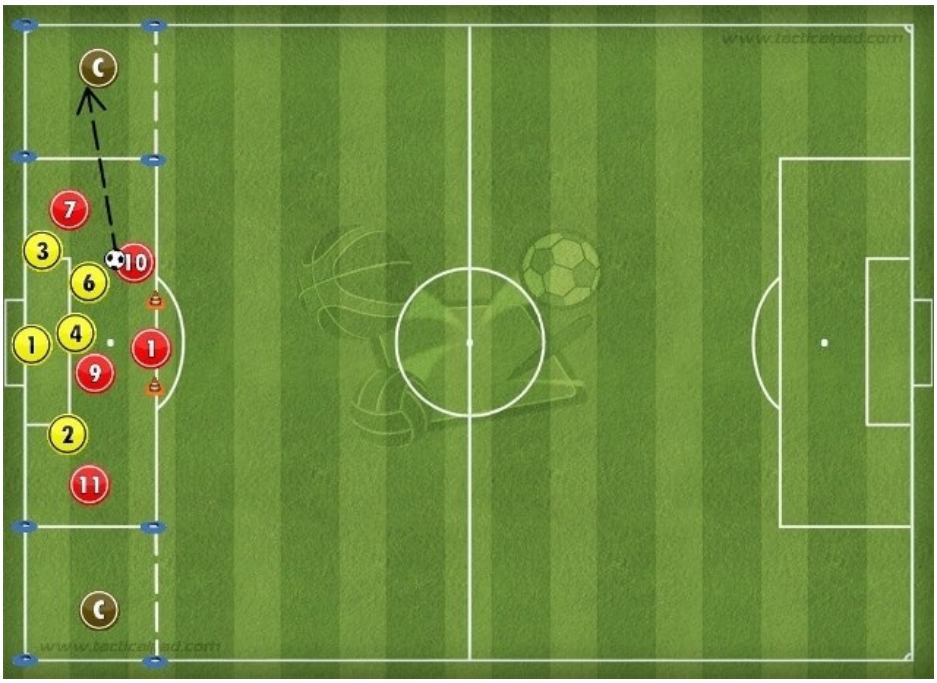


FIGURE 90 - OFFENSIVE ORGANIZATION: CROSSING UNDER FAVORABLE CONDITIONS (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper + 10 (two Jokers) v 10 (two Jokers) + Keeper. Utilize the whole field up to the boxes as depicted. The Jokers boxes are 15x10 yards.

Description: Each team has two Jokers on their attacking side of the field, Outside Backs or Wingers, who are responsible for executing the crosses to the players in the game. The team in possession must immediately get the ball to one of their attacking Jokers so they may service for a valid goal. The team without the ball tries to win the ball quickly.

Scoring: The team who scores the most goals in the exercise duration wins.

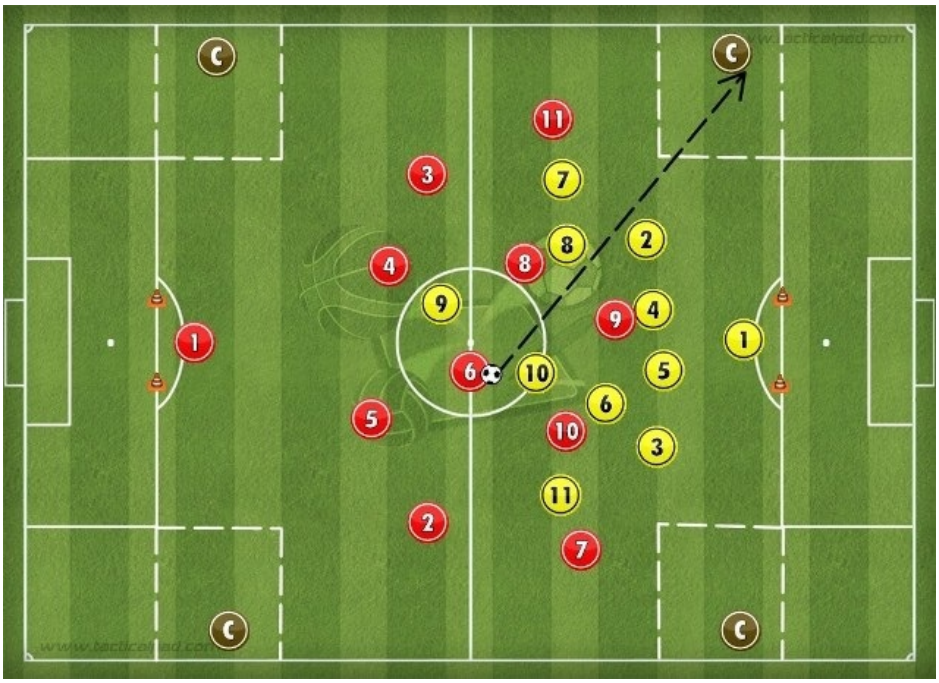


FIGURE 91 - OFFENSIVE ORGANIZATION: CROSSING UNDER FAVORABLE CONDITIONS (THURSDAY)

Friday – Day of the SubPrinciples and SubSubPrinciples with the increased speed of the muscular contraction:

Organization: 4 v 3 + Keeper. The field is set as depicted.

Description: At the Coach's signal, he makes a pass to the lateral zone near the box; the Winger tries to get to the ball before the Outside Back so to cross the ball to enable the finishing by either the Attacking Mid or the other Winger or the Center Forward. These three players are defended by two Center Backs. If the defending team wins the ball back it must pass it to the Coach.

Scoring: The Attacking team has up to ten seconds to score.

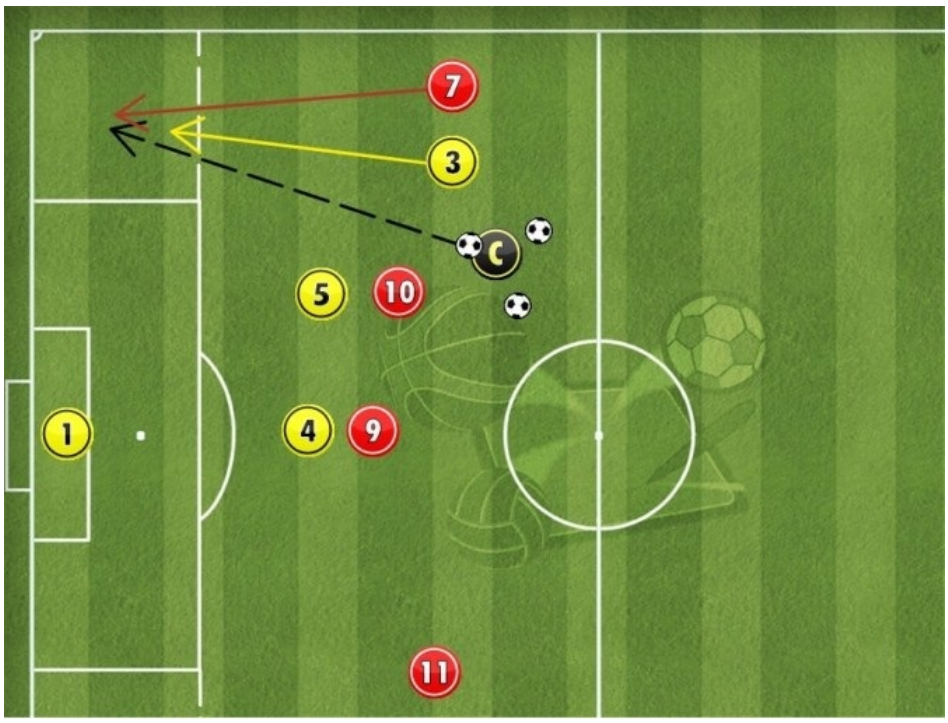


FIGURE 92 - OFFENSIVE ORGANIZATION: CROSSING UNDER FAVORABLE CONDITIONS (FRIDAY)

6.12 SubPrinciple – ”Positioning in the Effective Finishing Zones”

This SubPrinciple of the **3rd Build Phase / Finishing Phase – Efficient Finishing the Attacking Actions** is characterized by the occupation of the correct zones in the big box. Must have at least 3 players in the box to finish the crosses and must occupy the zones defined for finishing, albeit there can be variability on who occupies the zones. It’s important to run to the space instead of being at the space to take advantage of the opponents’ positioning. It’s also important that the Center Mids occupy the spaces at the edge of the box to win the 2nd ball and attempt to finish or start the buildup of a new attacking situation.

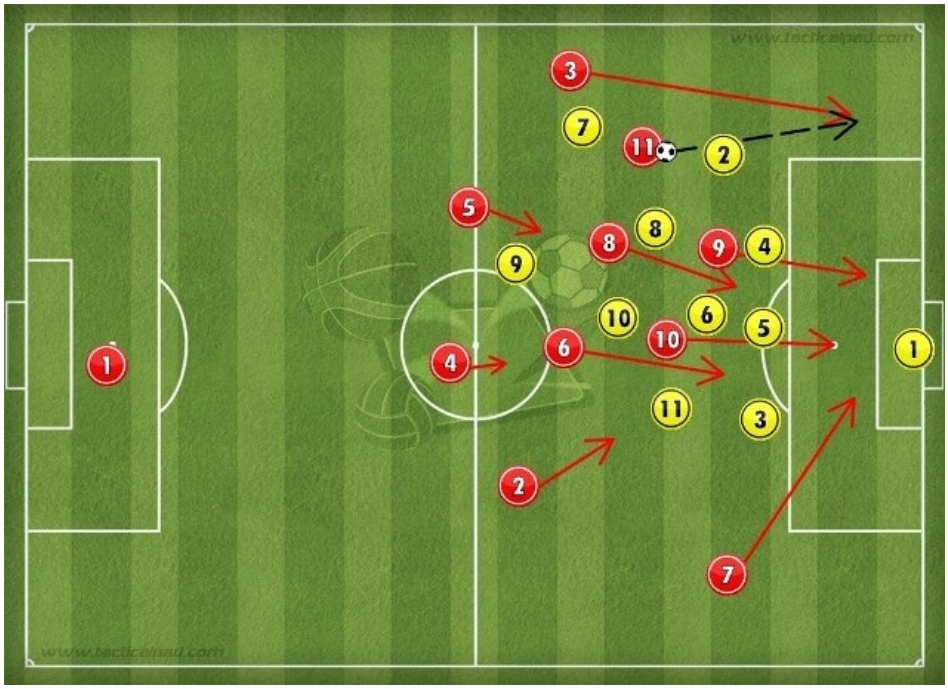


FIGURE 93 - OFFENSIVE ORGANIZATION: POSITIONING IN THE EFFECTIVE FINISHING ZONES

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: Keeper + 4 (1 Joker) v 4 (1 Joker) + Keeper. In the space equivalent to two big boxes play a game between two four players' teams: a Center Mid, an Attacking Mid, a Winger, and a Center Forward plus 2 Keepers minding 2 regulation goals as depicted. There are three finishing zones inside the box 5x5 yards.

Description: Each one of the teams has a lateral attacking zone, outside the game space. One Winger will be responsible to cross the ball into the finishing zones in the box.

Scoring: A goal is valid only if there was a cross from the 'external' Winger and the ball is shot from one of the restricted zones aka privileged finishing zones. The team who scores the most goals in the predetermined time wins.

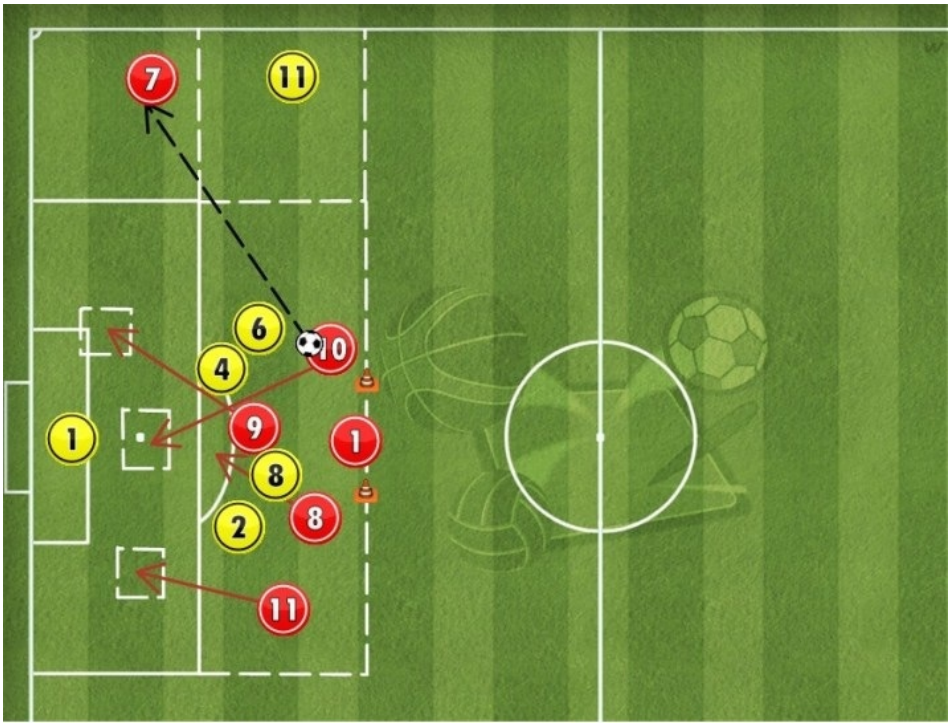


FIGURE 94 - OFFENSIVE ORGANIZATION: POSITIONING IN THE EFFECTIVE FINISHING ZONES (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with increased duration of the muscular contraction:

Organization: Keeper + 10 (2 Jokers) v 10 + Keeper. Using the whole field but one box, two teams of ten players plus a keeper each play each other with full-size goals. One of the teams has two supporting players in the corners (Jokers) of its attacking half: Wingers or Outside Backs. These players are responsible to cross the ball for the finishing of the players in the field of play.

Description: The team with the Jokers must send the ball quickly to one of its supporting attacking players since a goal is only valid if it was crossed by one of the corner players and the shot came from one of the restricted zones: privileged finishing zones. The yellow team must try to win the ball quickly and score right away. When this situation occurs the Jokers can get out of their restricted boxes and help recover the ball.

Scoring: The team that scores the most goals in the pre-established time wins.

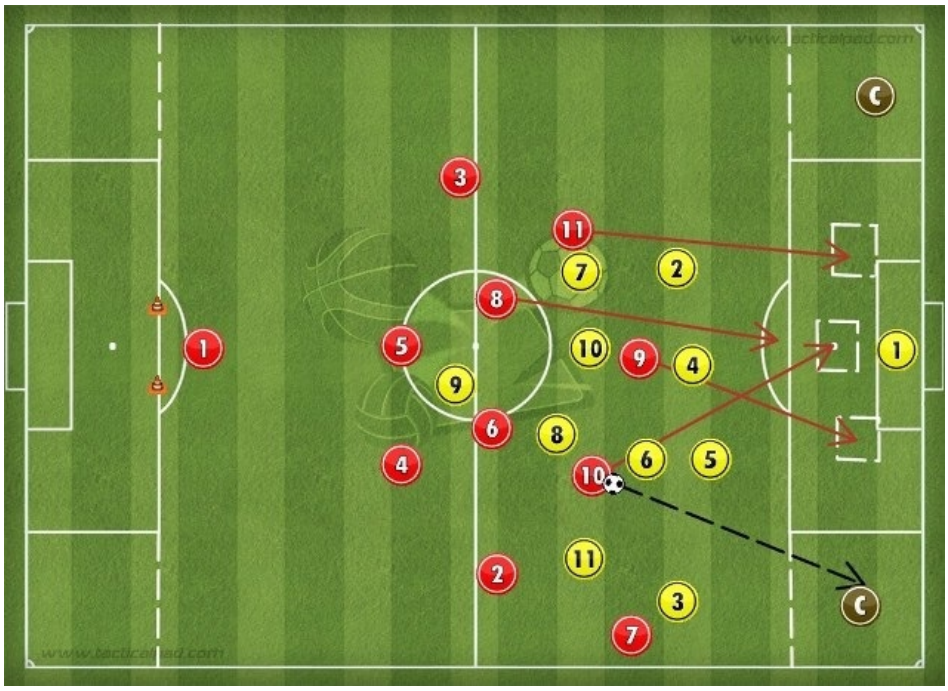


FIGURE 95 - OFFENSIVE ORGANIZATION: POSITIONING IN THE EFFECTIVE FINISHING ZONES (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: 5 x 3 + Keeper. Half-field marked as depicted. The three finishing zones in the box are 5x5 yards.

Description: At the Coach's signal he makes a pass to the lateral zone near the box; the Winger tries to get to the ball before the Outside Back so to cross the ball to enable the finishing by either the Attacking Mid or other Winger or the Center Forward in the pre-established favorable finishing zones. These three players are defended by two Center Backs. If the defending team wins the ball it must pass it to the Coach.

Scoring: The attacking team has up to 10 seconds to score. The goal is valid if and only if it is shot from one of the pre-established zones.

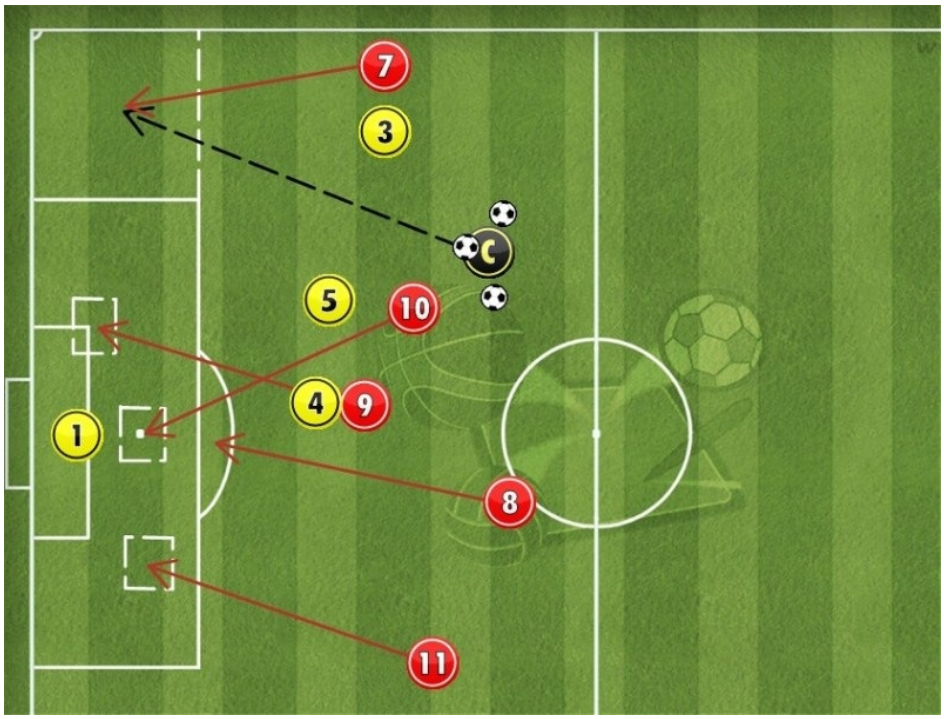


FIGURE 96 - OFFENSIVE ORGANIZATION: POSITIONING IN THE EFFECTIVE FINISHING ZONES (FRIDAY)

7. Defensive Transition

All of the SubPrinciples discussed in this chapter with the associated exercises must always take into account the MacroPrinciple that guides this Game Moment of FC Bayern of Munich: "**To avoid the ball progression to recover it or for the team to organize itself defensively**".

7.1 SubPrinciple – “Very Quick, Strong and Aggressive Mental Attitude Change from Offense to Defense”

This SubPrinciple guides the players to be prepared to **change from an offensive mind set to a defensive one** and to be capable of exerting immediate high pressure to the ball carrier and to the potential receivers. They must always be able to recover the defensive positional balance to make a Small Field.

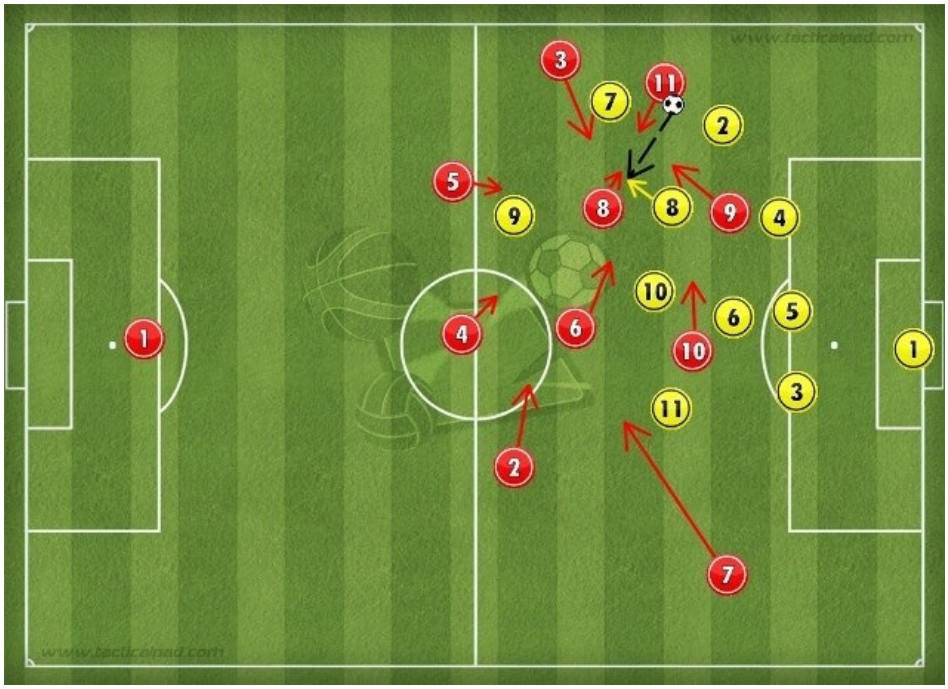


FIGURE 97 - DEFENSIVE TRANSITION: VERY QUICK, STRONG AND AGGRESSIVE MENTAL ATTITUDE CHANGE FROM OFFENSE TO DEFENSE

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 6 v 4 plus 3 mini-goals. One team has six players and the other has four. The field is 40x20 yards as depicted. 3 small goals of 3 yards wide are set up in one half of the field.

Description: The red team has four players on the outside of the playing area and one inside the circle. The objective of the red team is to keep possession and make 10 consecutive passes. The yellow team tries to recover the ball to score in a mini-goal in five seconds after winning the ball back. This game will demand very strong and aggressive transitions.

Scoring: For each 10 consecutive passes, the red team scores a point. The yellow team can score a valid goal in one of the three mini-goals as long as it occurs within five seconds of ball recovery. The team that scores the most points wins.

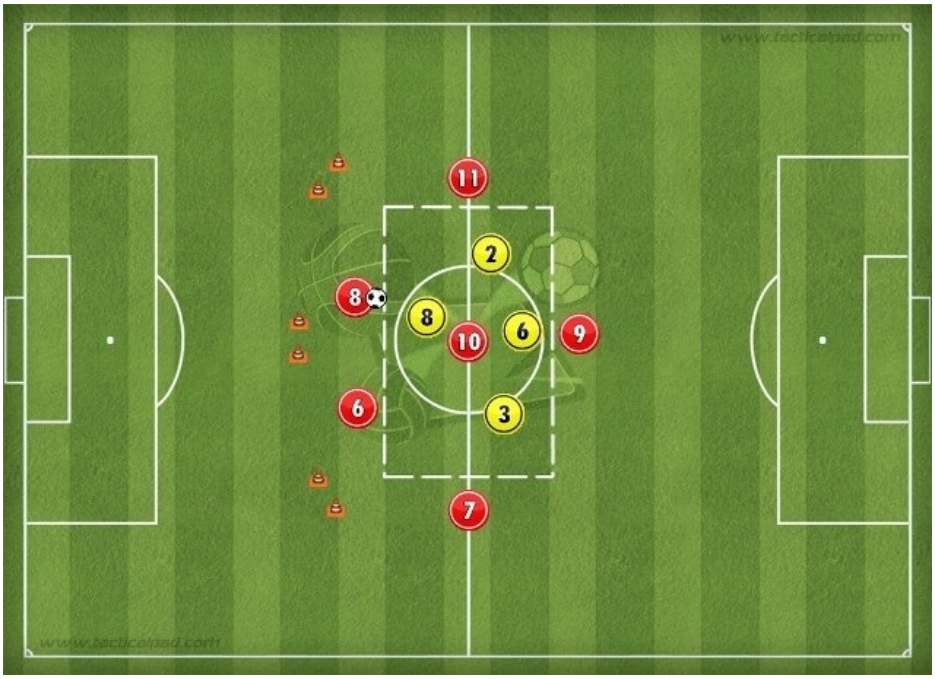


FIGURE 98 – DEFENSIVE TRANSITION: VERY QUICK, STRONG AND AGGRESSIVE MENTAL ATTITUDE CHANGE FROM OFFENSE TO DEFENSE (WEDNESDAY)

Thursday: Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. The playing field is box to box, divided into four sectors as depicted with full-size goals.

Description: If possession is lost in one of the four sectors, the team that recovers must make four passes in that sector before passing the ball to another sector.

Scoring: Any time a team can pass the ball to another sector it scores a point. Each goal counts as two points. The team that scores the most points wins.

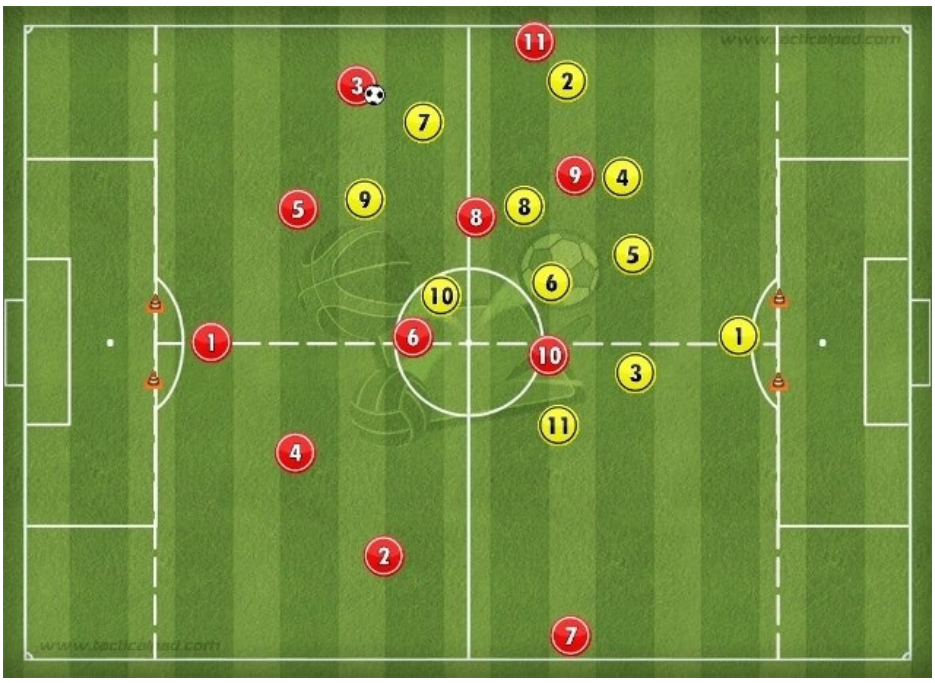


FIGURE 99 – DEFENSIVE TRANSITION: VERY QUICK, STRONG AND AGGRESSIVE MENTAL ATTITUDE CHANGE FROM OFFENSE TO DEFENSE (THURSDAY)

Friday: Day of the SubPrinciples and of the SubPrinciples with increased speed of the muscular contraction:

Organization: Keeper+4 v (2+2). Half-field; a game in the half center circle space of 4 red v 2 yellow is played; two yellow players are placed outside the center circle.

Description: Per 10 consecutive passes the red team scores a point. The two yellow players in the circle try to obtain possession and carry it outside the circle to create a situation of Keeper+4 v 4. The yellow team has 10 seconds to score a goal in the regular size goal.

Scoring: Per 10 consecutive passes the red team scores a point. The yellow team tries to score in the regular size goal within 10 seconds of obtaining possession. The team that scores the most points wins.

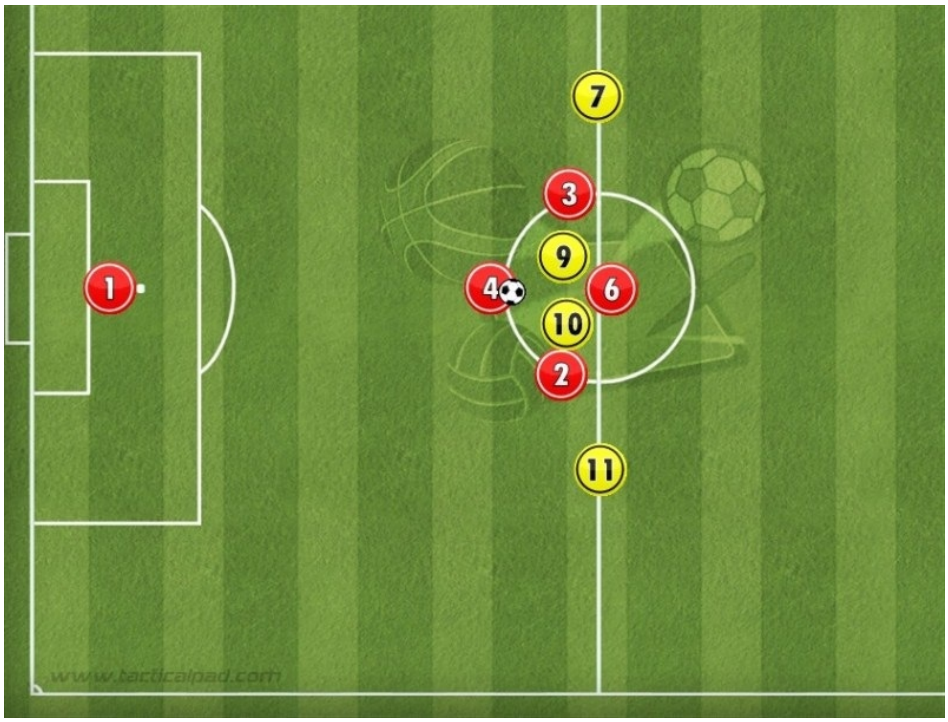


FIGURE 100 – DEFENSIVE TRANSITION: VERY QUICK, STRONG AND AGGRESSIVE MENTAL ATTITUDE CHANGE FROM OFFENSE TO DEFENSE (FRIDAY)

7.2 SubPrinciple – “To Compact the Team Creating Various Depth Lines”

This SubPrinciple coaches the **players to have the will to help defensively in the possession recovery: Collective Attitude**. They must make a Small Field on the ball space leveraging the central channel as the compacting reference point: Defensive Unity. The team must also create to have players supporting each other: Defensive Coverage.

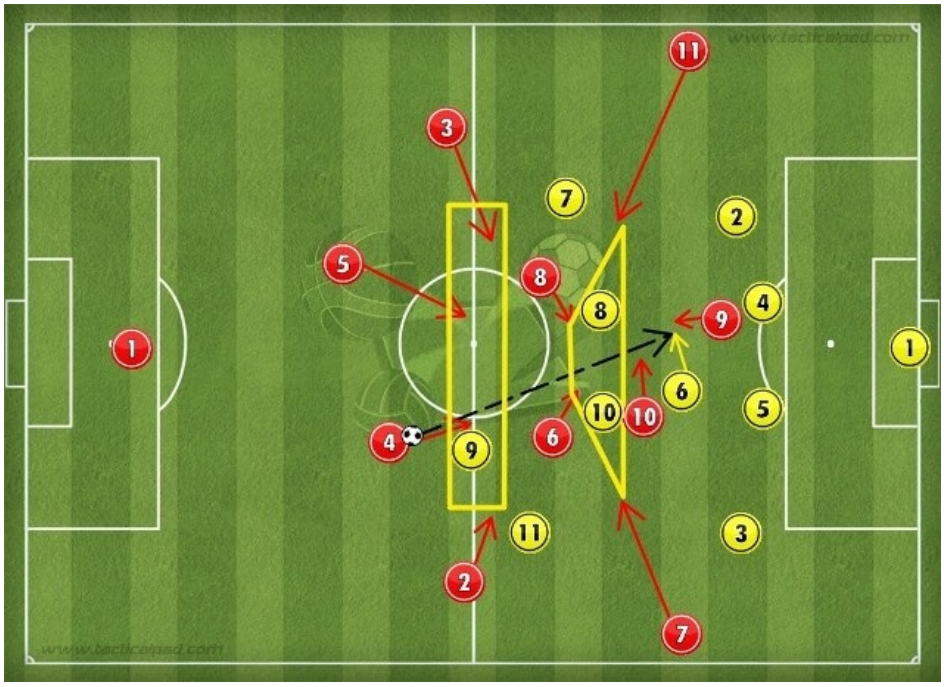


FIGURE 101 - DEFENSIVE TRANSITION: TO COMPACT THE TEAM CREATING VARIOUS DEPTH LINES

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 5 v 5. Field as depicted with two boxes 44x20 yards. Six cones to mark the inside box's lines.

Description: The objective of the teams is to pass the ball under control through the opponent's end line, the central channel's black line.

Scoring: If a team in possession can cross the opponent's end line in the central channel they are awarded two points. Every time a team wins possession and crosses the middle black line, whether carrying the ball or through a pass, it scores a point. The team that scores the most points in the pre-established time wins.

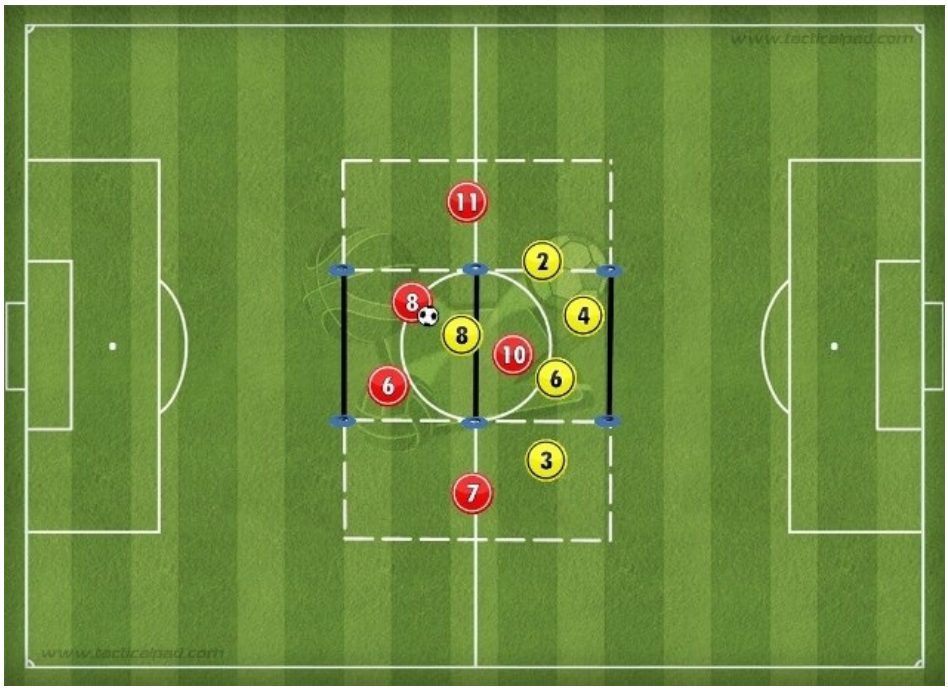


FIGURE 102 - DEFENSIVE TRANSITION: TO COMPACT THE TEAM CREATING VARIOUS DEPTH LINES (WEDNESDAY)

Thursday: Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. Box to box field with two lateral channels 15 yards wide; three 20-yard wide black lines in mid-field plus two lines 15 yards from the midfield line, as depicted. Full-size goals.

Description: Two teams of 11v11 keeping possession. Defensive team stays compact creating several defensive lines.

Scoring: Each goal is worth two points. Each time a team crosses one of the black lines with the ball under control, it scores a point. The team who scores the most points wins.

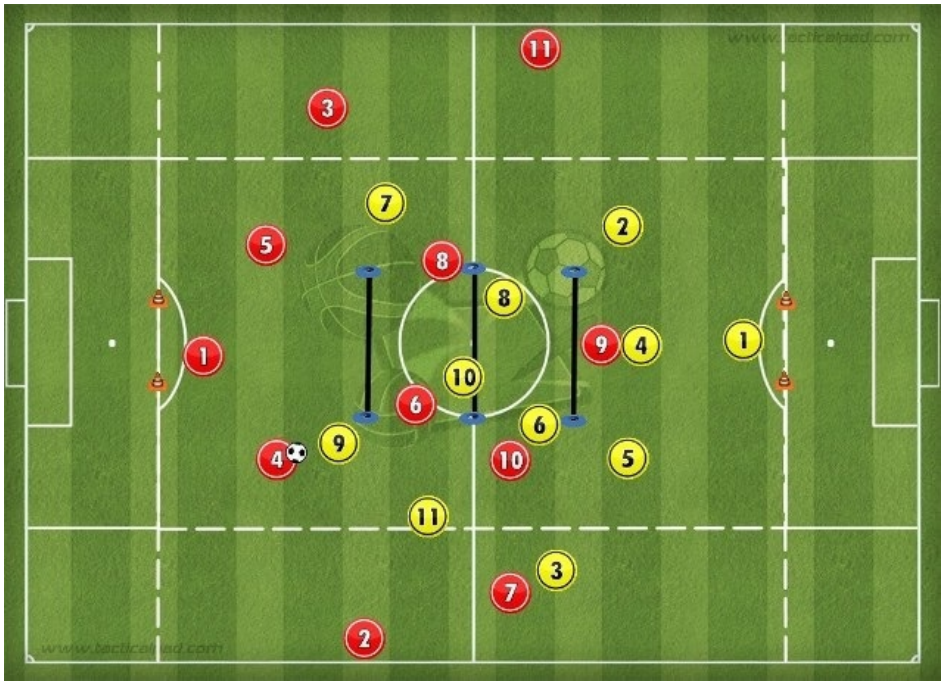


FIGURE 103 - DEFENSIVE TRANSITION: TO COMPACT THE TEAM CREATING VARIOUS DEPTH LINES (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with increased speed of the muscular contraction:

Organization: Keeper+4 v (3+1). Half field; 4v3 start play in the big circle; one player in a 15x5 yards space as depicted.

Description: The red team attempts to make 10 consecutive passes in the circle. If the yellow team gets possession, it tries to pass it right away to the teammate in the dotted box. Immediately it becomes a Keeper+4 v 4 game; the yellow team has 10 seconds to score in the big goal.

Scoring: For each 10 consecutive passes, the red team scores a point. Each goal scored by the yellow team is worth a point. The team with most points wins.

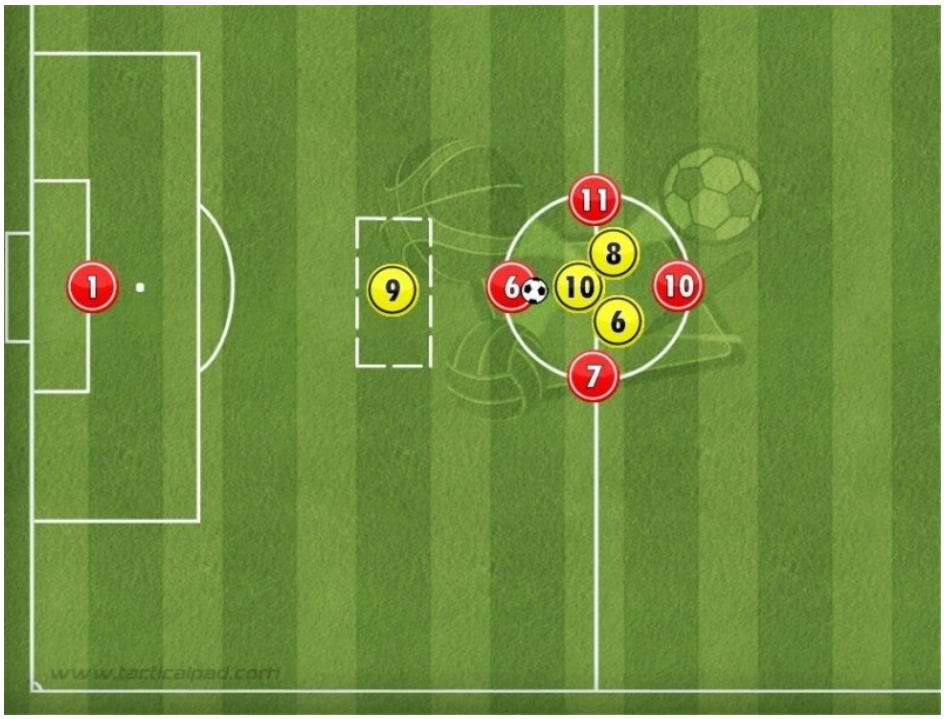


FIGURE 104 - DEFENSIVE TRANSITION: TO COMPACT THE TEAM CREATING VARIOUS DEPTH LINES (FRIDAY)

7.3 SubPrinciple – “Prevent Being Beaten”

This SubPrinciple guides the players to have “**Defensive Responsibility**”. This means the players must master the “defensive 1v1”, knowing that if they are beaten they compromise the team. The players must have the will to help their teammates that face the ball carrier (Defensive Coverage).

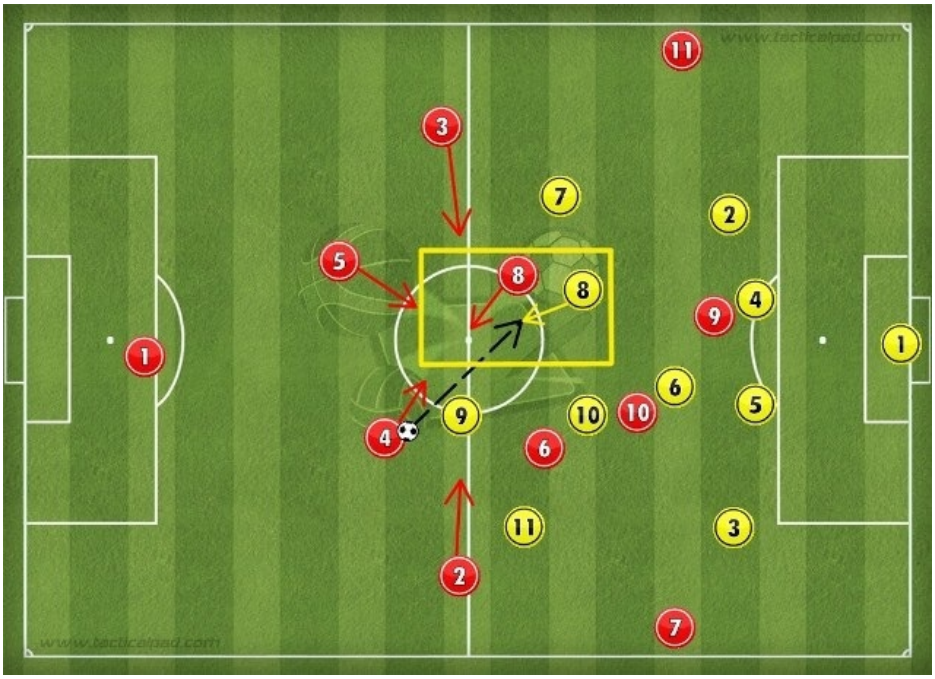


FIGURE 105 - DEFENSIVE TRANSITION: PREVENT BEING BEATEN

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 2 Mini-goals 3-yards wide, 1 v 1, plus 2 players from each team at the edge of the circle. The center circle is the playing area.

Description: A player outside the center circle serves the opposing player in the circle to initiate a Defensive Transition. This pass leads to a 1v1 game with a pre-established game time. If the ball goes out of the playing area, or there is a foul or goal, the game restarts with a player who is outside the center serving an opponent in the circle.

Scoring: Goals can only be scored if a player is in the opponent's half in the circle. The team that scores the most goals wins.

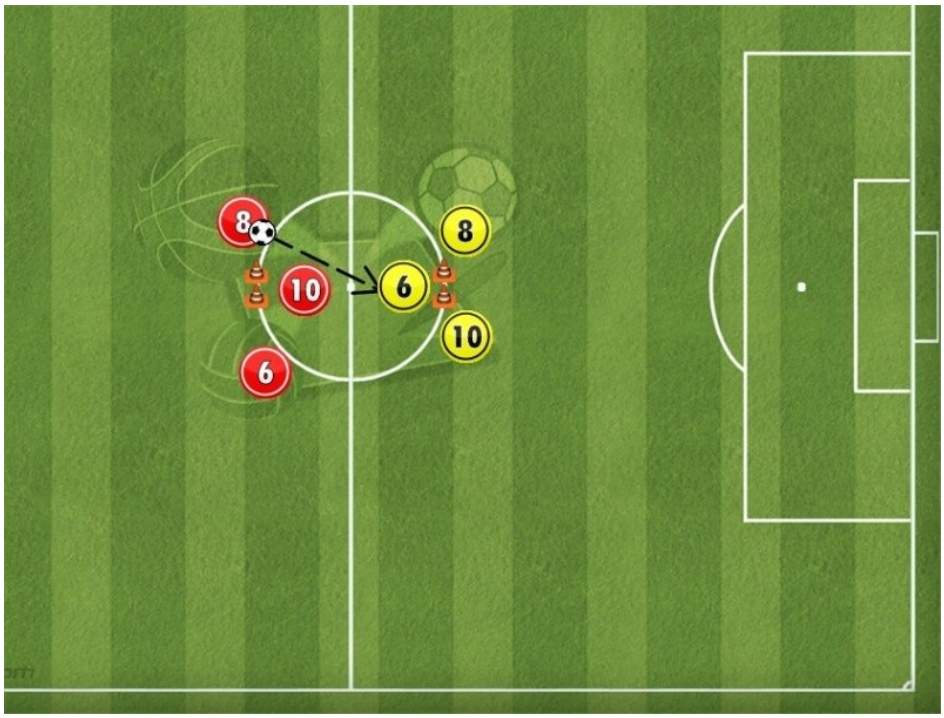


FIGURE 106 - DEFENSIVE TRANSITION: PREVENT BEING BEATEN (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of muscular contraction:

Organization: Keeper+10 v 10+Keeper. The field is box to box in length, full width, and two full-size goals.

Description: Normal game with emphasis on preventing being beaten.

Scoring: Each goal is worth two points. Anytime a player dribbles/runs past/beats an opponent, the team scores a point.

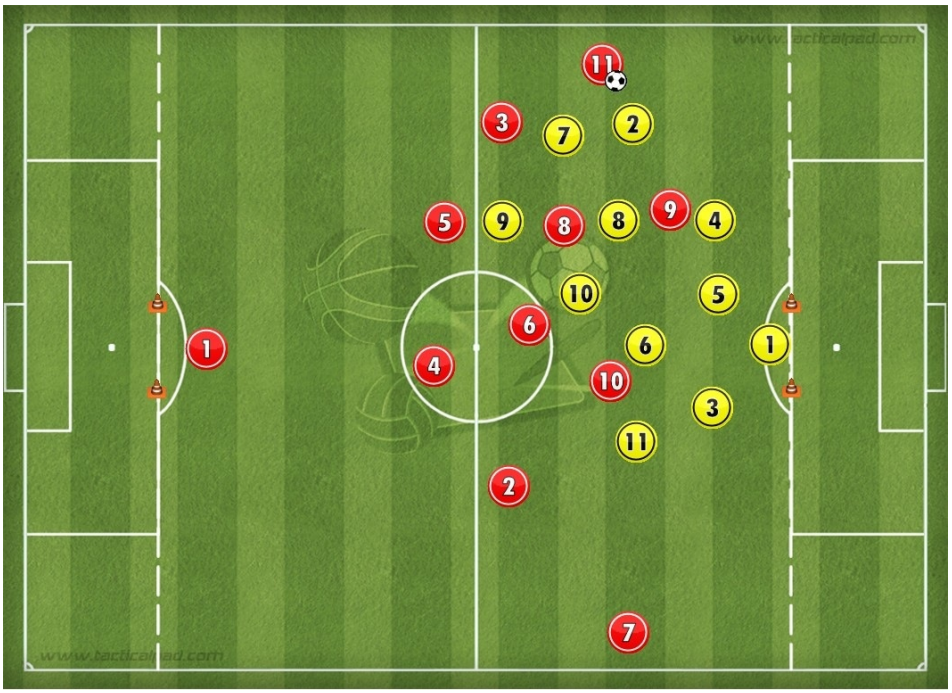


FIGURE 107 - DEFENSIVE TRANSITION: PREVENT BEING BEATEN (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with increased speed of the muscular contraction:

Organization: Keeper+2 v 1+Keeper. The field is 35 yards wide with the parallel dotted line 20 yards from the midfield line. Half-field playing area with two full-size goals; one goal sits at midfield. Players are set up as depicted.

Description: The red Keeper passes the ball to the opponent to simulate a Defensive Transition. The yellow player tries to score while both red players defend. The defending team can only get out of their original positions once the opponent gets possession of the ball. The red defender inside the box tries to delay the attacking player's shot so that his teammate can help him. If the red players get ball possession, they should try to score in the goal in the midfield. The exercise runs for the maximum of 10 seconds.

Scoring: The team that scores first in 10 seconds wins.

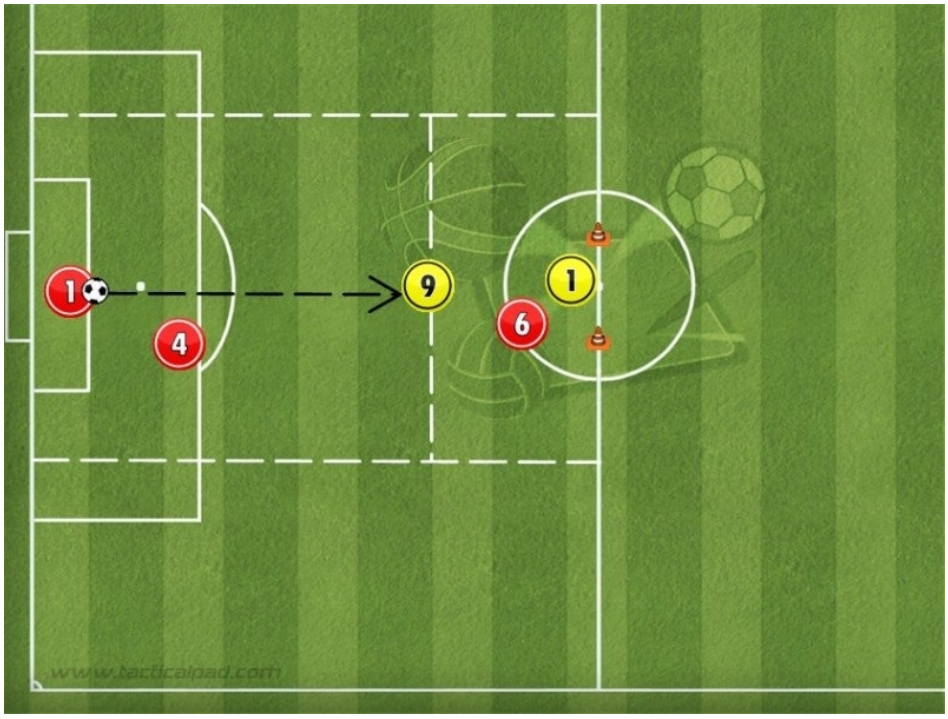


FIGURE 108 - DEFENSIVE TRANSITION: PREVENT BEING BEATEN (FRIDAY)

7.4 SubPrinciple – “Close the Spaces in The Interior of The Team’s Defensive Block”

This SubPrinciple enables the players to **force the opponent to play to the outside of the defensive block when the ball is not recovered immediately**. This approach will prevent the player that pressures the ball as well as those in the immediate spaces near the ball from being beaten by the opponent. The intent is to force the opponents to play back or to play the all wide. It’s very important to have a constant **Teaming Attitude** and sustained predisposition to intercept/recover the ball.

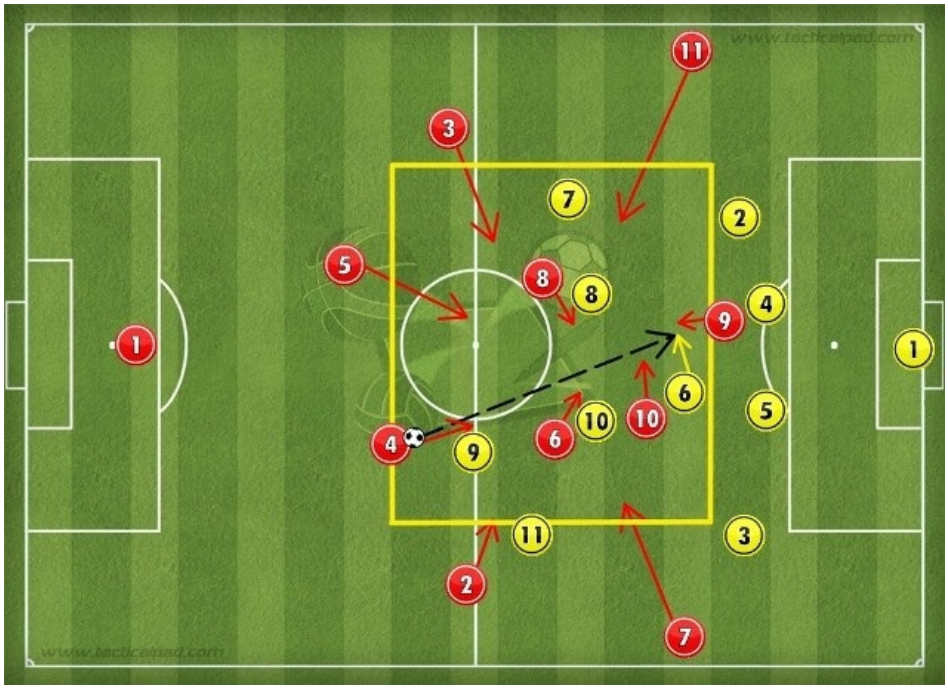


Figure 109 - Defensive Transition: Close the Spaces in The Interior of The Team’s Defensive Block

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 6 v 4. Three mini-goals 3-yards wide at the midfield line; four mini-goals 3-yards wide outside the playing area as depicted. The playing area is 35x25 yards.

Description: The red team tries to execute 10 consecutive passes. When the yellow team gets possession they try to score in one of the three mini-goals on the midfield line. If the yellow team wins the ball and knocks it into one of the four yellow goals, they end that game.

Scoring: The red team scores a point by executing 10 consecutive passes or if it recovers the ball before the yellow team scores in a mini-goal. The yellow team scores a point if it knocks the ball into one of three mini-goals at midfield.

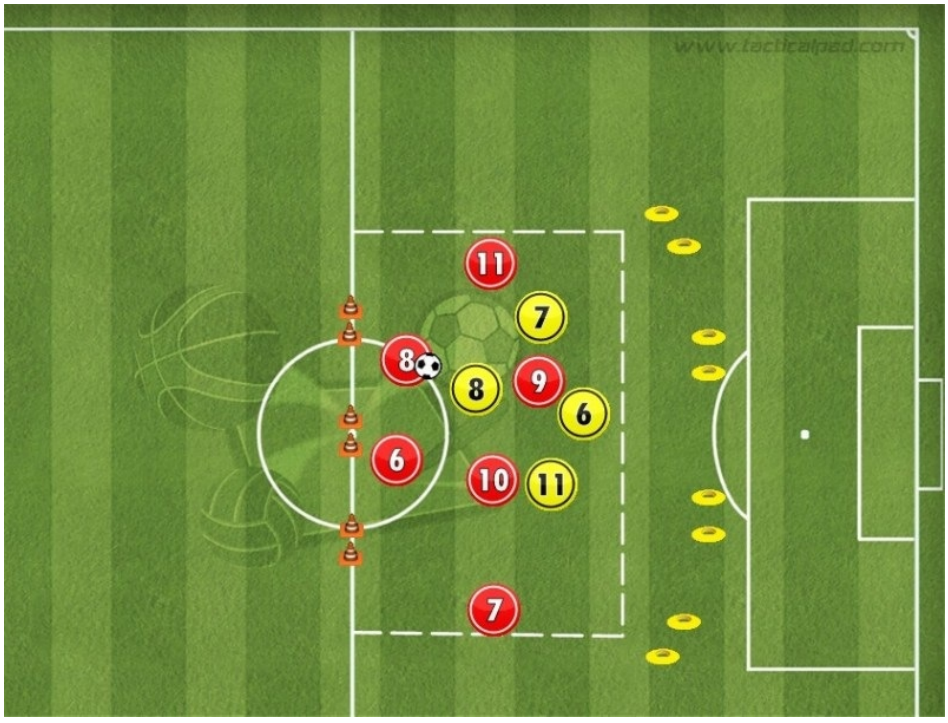


FIGURE 110 - DEFENSIVE TRANSITION: CLOSE THE SPACES IN THE INTERIOR OF THE TEAM'S DEFENSIVE BLOCK (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular duration:

Organization: Keeper+10 v 10+Keeper. Field length from box to box; full field width. Two 40 yards wide lines, one on each half, 20 yards from midfield line with a cone on each corner.

Description: Normal 11 v 11 game including the offside rule.

Scoring: Each goal is worth two points. The team that recovers possession scores a point if it is capable of crossing the opposing team's dotted line parallel to the midfield with the ball under control or through a pass.

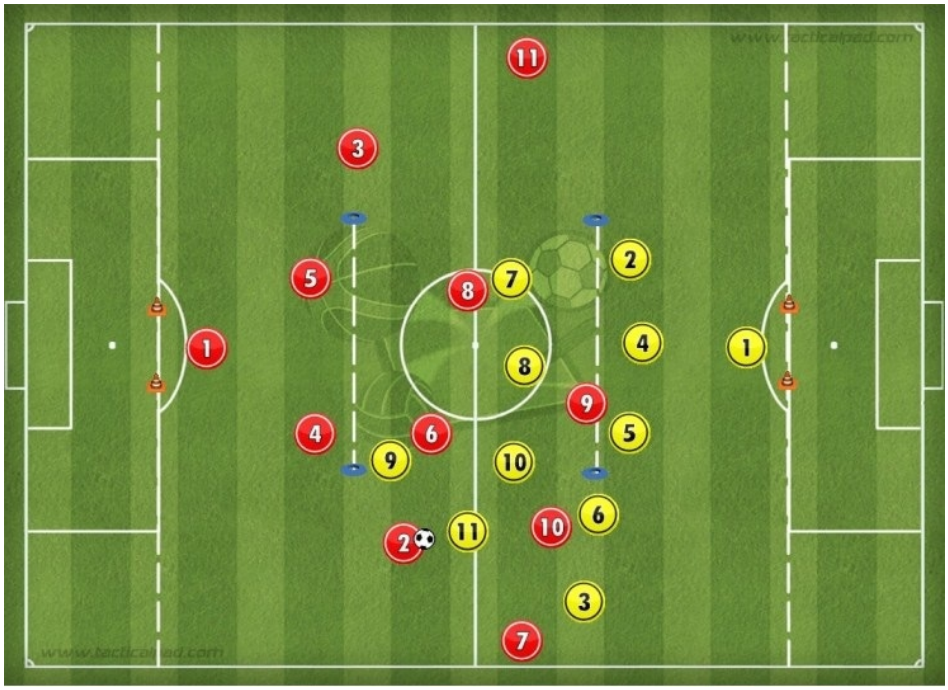


FIGURE 111 - DEFENSIVE TRANSITION: CLOSE THE SPACES IN THE INTERIOR OF THE TEAM'S DEFENSIVE BLOCK (THURSDAY)

Friday – <u>Day of the SubPrinciples and of the SubSubPrinciples with increased speed of the muscular contraction</u>:

<u>Organization</u>: 3 v 2+Keeper. Field is 30 yards wide with length going from one box to the other half's center circle edge as depicted. Two mini-goals of 3 yards each and one full-size goal.

<u>Description</u>: The player outside the exercise area starts the game as depicted. The red Center Mid passes the ball to an opponent to simulate the Defensive Transition. Upon receiving the ball, the yellow player will work with his teammate to score in one of the mini-goals. Once the yellow player has possession, all red players may come into the playing area. If the red team recovers possession, they can use their 3v2 advantage to score in the big goal. The exercise lasts up to 10 seconds.

<u>Scoring</u>: The team that scores the most goals in 10 seconds wins.

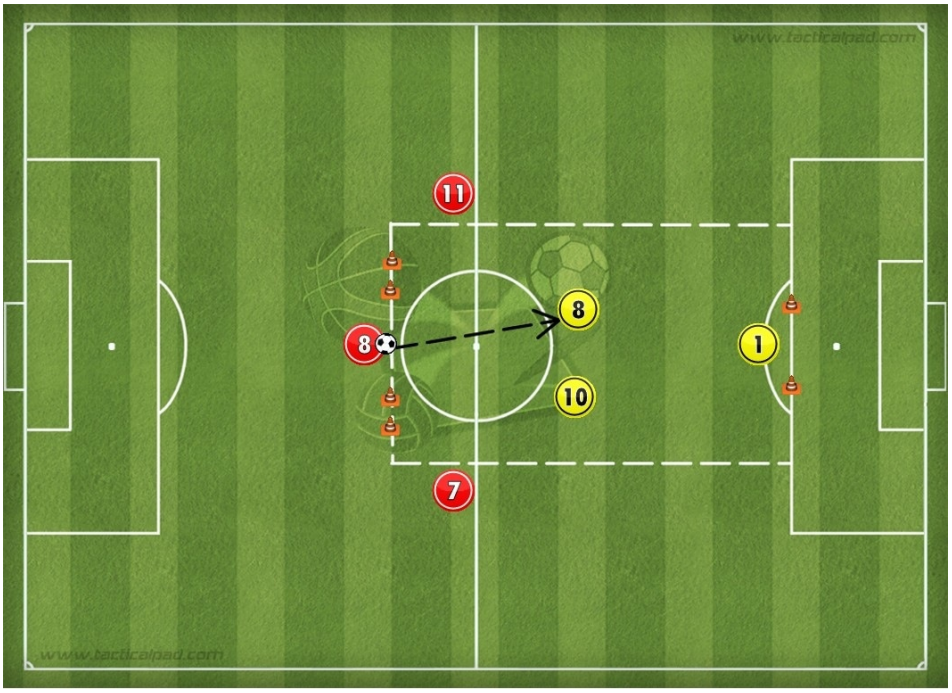


FIGURE 112 - DEFENSIVE TRANSITION: CLOSE THE SPACES IN THE INTERIOR OF THE TEAM'S DEFENSIVE BLOCK (FRIDAY)

7.5 SubPrinciple – “Prevent Penetrations behind the Last Line of Defense”

This SubPrinciple leads all players to learn to **prevent opponents from penetrating in the spaces behind the last line of defense**. Players must give priority to the Defensive Depth instead of trying to play the offside trap.

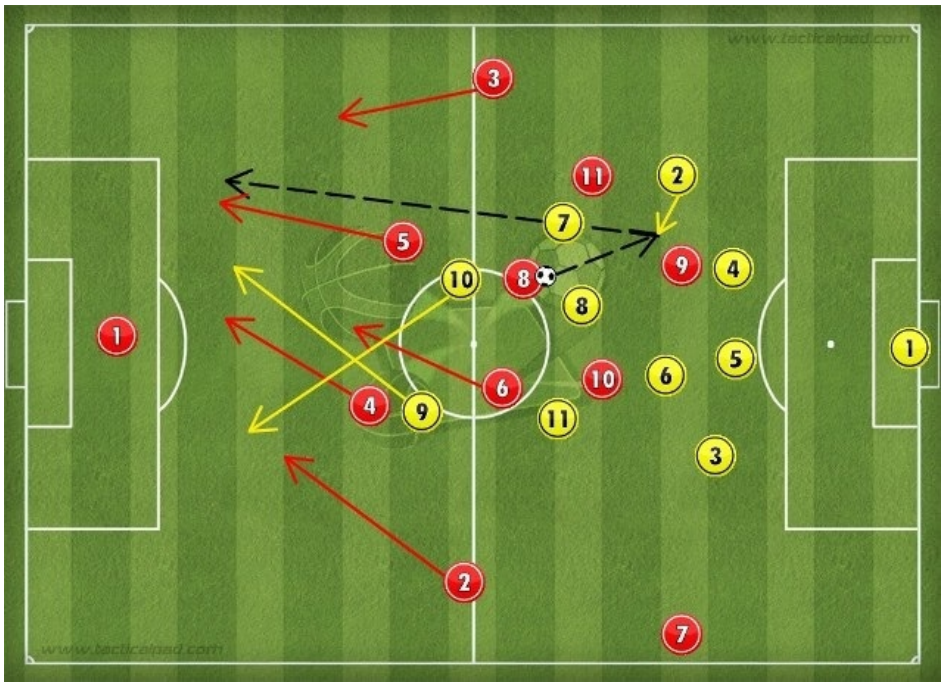


FIGURE 113 - DEFENSIVE TRANSITION: PREVENT PENETRATIONS BEHIND THE LAST LINE OF DEFENSE

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 5 v 3+2. 35x25 yards field; 2 cones marking the line parallel to the midfield. Players positioned as depicted.

Description: The exercise starts in the center circle with 5 red players vs 3 yellow. The red team initially has possession and tries to make 10 consecutive passes inside the circle. If the yellow team steals possession, it tries to make a deep pass to engage the two teammates outside the playing area. All players may move into the square playing area as the yellow team will attempt the score by crossing the line between the cones with the ball under control.

Scoring: The red team scores a point for every 10 consecutive passes in the center circle. The yellow team scores a point every time they cross the line between the cones with the ball under control.

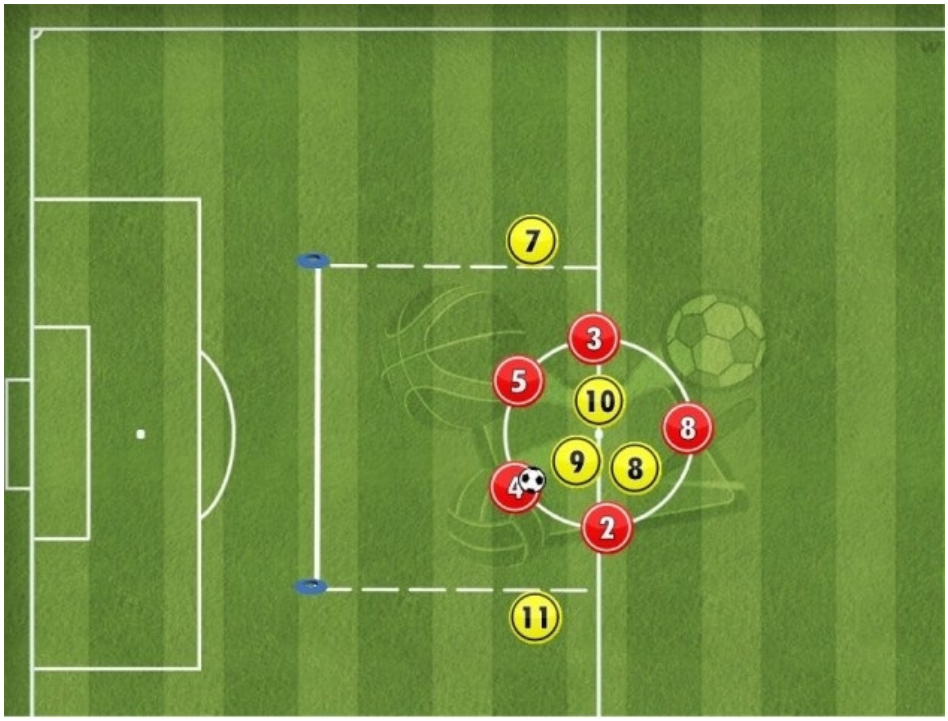


FIGURE 114 - DEFENSIVE TRANSITION: PREVENT PENETRATIONS BEHIND THE LAST LINE OF DEFENSE (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+8(2) v 8 (2) + Keeper with 1 Defensive Joker. Use the full field. Middle Third marked by dotted lines 25 yards from midfield line; two boxes on each half by side line 5x5 yards where the wingers stay until the ball is passed behind the last line of defense. Four cones mark the corners of the dotted lines.

Description: The game is played in the middle third. When a team takes possession away from the opponent, it must pass it behind the opponent's last line of defense so the wingers get involved. Once the ball goes into a final third, all players may engage in the play outside the middle third. The team in possession will try to score.

Scoring: Each goal is worth 2 points. Anytime a team crosses the dotted line with the ball under control, it scores a point.

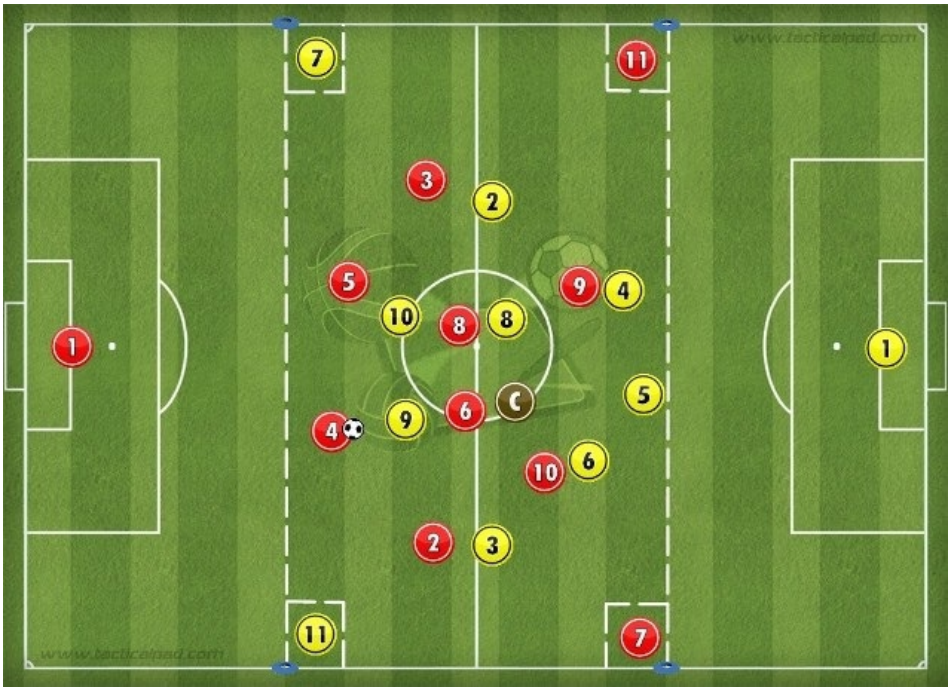


FIGURE 115 - DEFENSIVE TRANSITION: PREVENT PENETRATIONS BEHIND THE LAST LINE OF DEFENSE (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: 1 v 2+Keeper and Keeper+2 v 3 on each half. One full-size goal set at the edge of one box. The playing area surrounding center circle is 10x10 yards with yellow side with 2 cones as depicted. Parallel lines to midfield are 5 yards apart from each other.

Description: The red 9 tries to beat the two yellow players in the center circle and score in the goal sitting at the edge of the box. If the yellow defenders steal the ball from the red forward they try immediately to pass to the space behind the 2 red defenders sitting in the wide box for the yellow forwards to attack the red team goal. The red defenders may track back to prevent the yellow from scoring.

Scoring: The yellow team has 10 seconds to score once their defenders win possession. The red team scores through the 9 as per the description above.

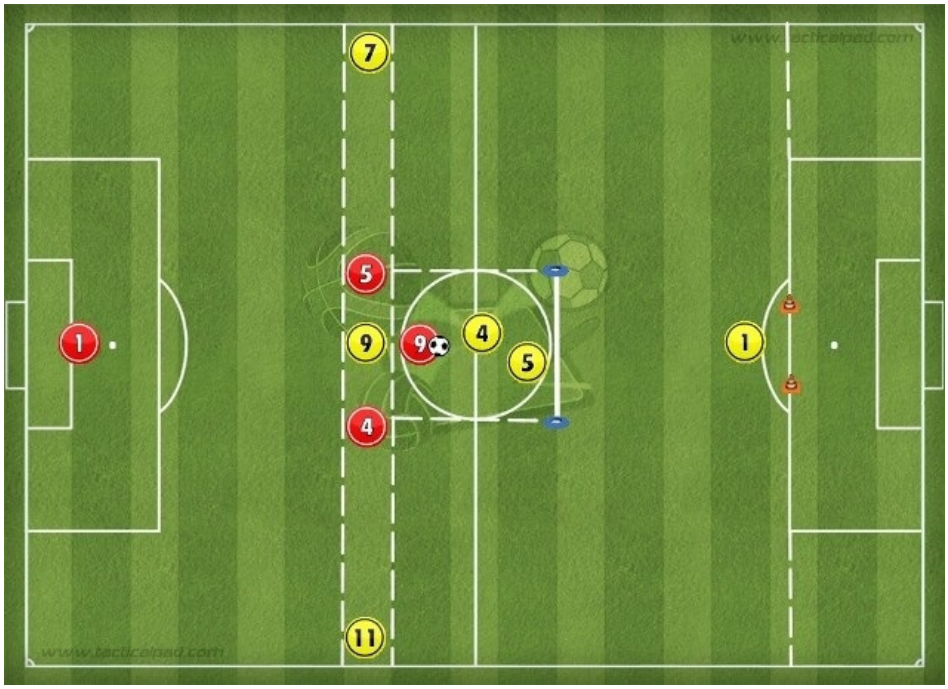


FIGURE 116 - DEFENSIVE TRANSITION: PREVENT PENETRATIONS BEHIND THE LAST LINE OF DEFENSE (FRIDAY)

8. Defensive Organization

All the SubPrinciples discussed below with the associated exercises consider the MacroPrinciple that defines this FC Bayern Munich game moment: "**Pressing Zone Defense in a Cohesive Intermediate Block**". The objective of the moment is to condition, direct, and press the opposing team to make mistakes and win the ball back.

8.1 SubPrinciple – “Force the Opponent to Play Long”

This SubPrinciple of the **1st Defensive Phase – To Prevent the Build of the Offensive Game**, guides the players that when the ball is with the opposing Keeper, feet or hands, in play or goal kicks or free kicks, the team must force him to play long. The objective is to prevent the opponent from building from the back under control. This also applies to all throw-ins anywhere on the field.

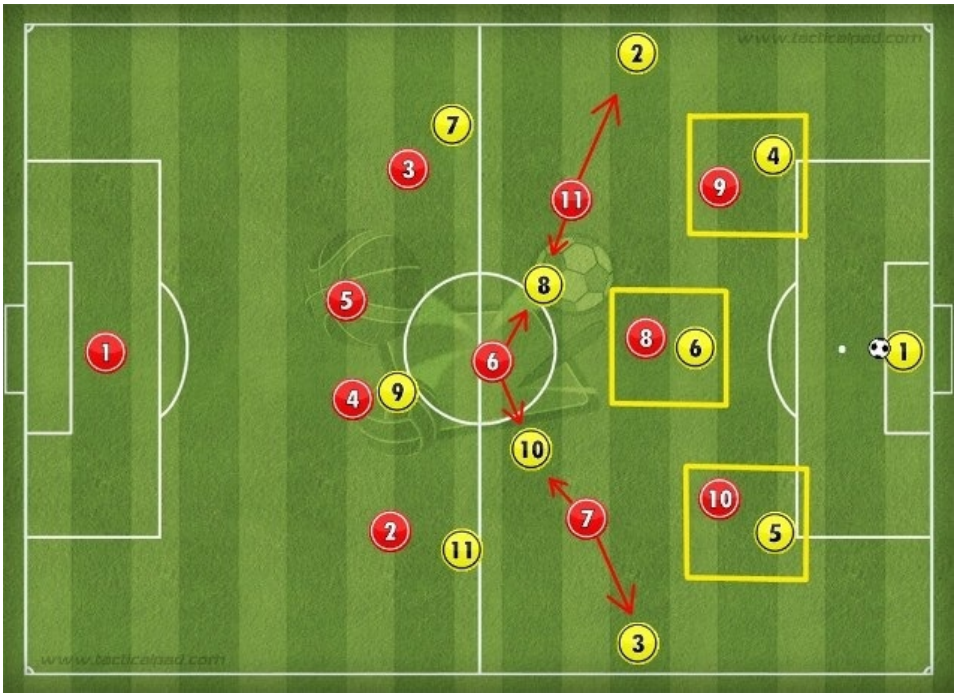


Figure 117 – Defensive Organization: Force the Opponent to Play Long (A)

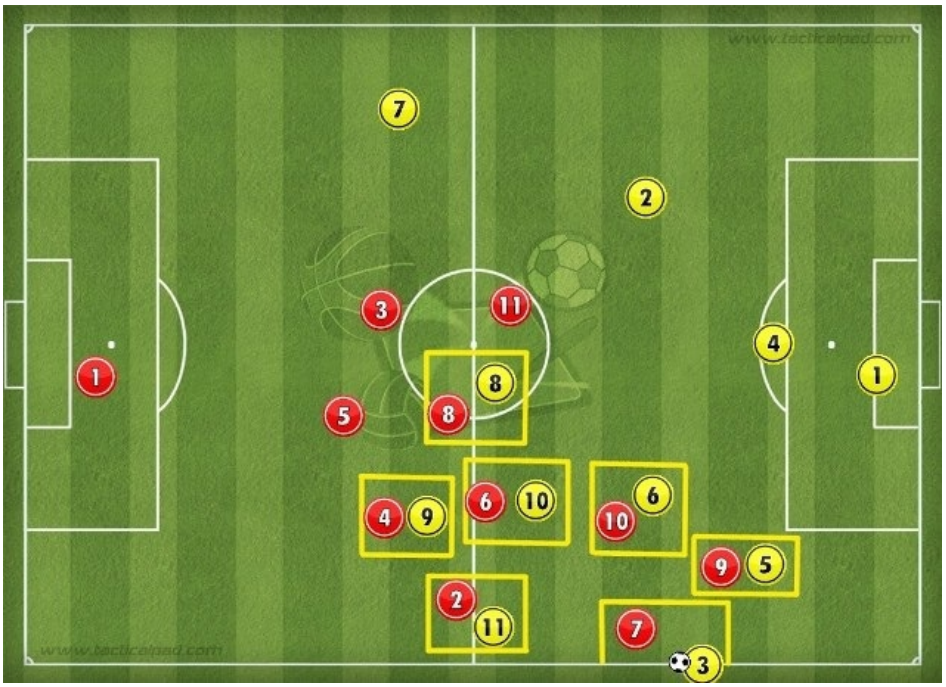


FIGURE 118 – DEFENSIVE ORGANIZATION: FORCE THE OPPONENT TO PLAY LONG (B)

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 6 v 5+Keeper with 2 Jokers. Half field with a parallel line ten yards from midfield.

Description: The game starts with a goal kick taken by the Keeper. The Keeper's teammates try to win the 1st ball and pass it to one of the Jokers near midfield. If the red team gets possession, it should try to score. If the ball is out of the playing area, the exercise restarts with the Keeper goal kick.

Scoring: If the yellow team is able to pass the ball to the Jokers, it scores a point. If the red team scores a goal, it's worth a point.

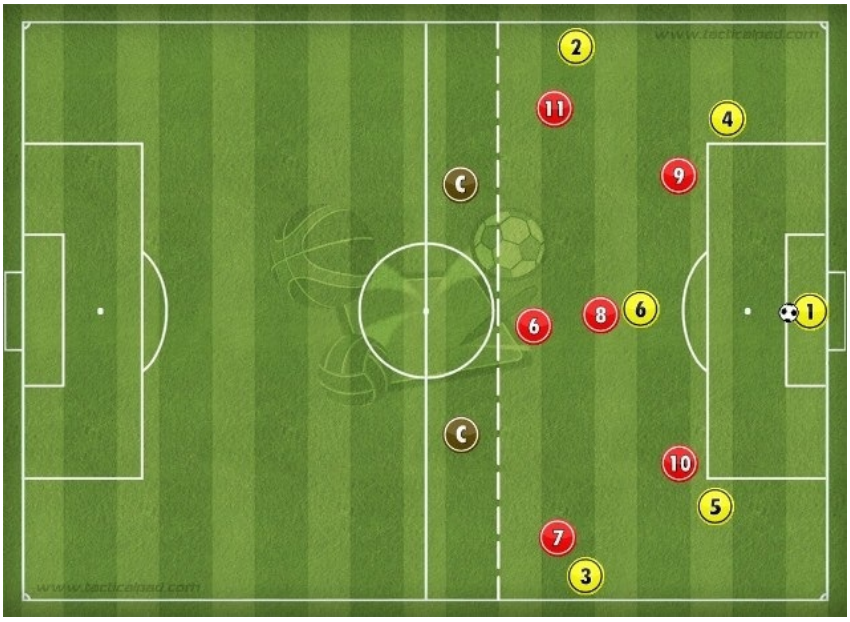


FIGURE 119 - DEFENSIVE ORGANIZATION: FORCE THE OPPONENT TO PLAY LONG (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. Full field.

Description: Normal game including the offside rule.

Scoring: Each goal is worth 2 points. A point is scored each time a team can play from the back measured by two consecutive passes (excludes the Keeper) from the goal kick or back third free kick or throw-ins. The team that scores the most points in the predetermined time wins.

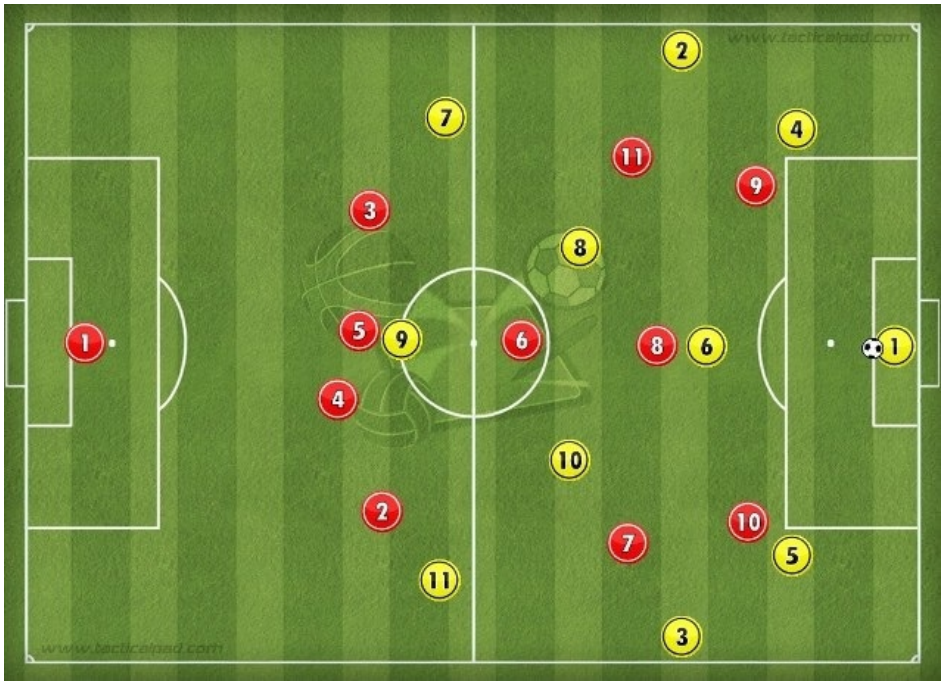


FIGURE 120 - DEFENSIVE ORGANIZATION: FORCE THE OPPONENT TO PLAY LONG (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: 4 v 4 and 3 v 3+Keeper.

Description: Outside Back executes a throw-in to the restricted space. The teams playing in the restricted area must have two players connect a pass before servicing to a teammate in the center circle. Once the ball is in the center circle it becomes a 3 v 3+Keeper game with each team having one outside player, a forward and a defender from the restricted rectangle. The team in possession must score within 10 seconds.

Scoring: The team that scores the most goals wins.

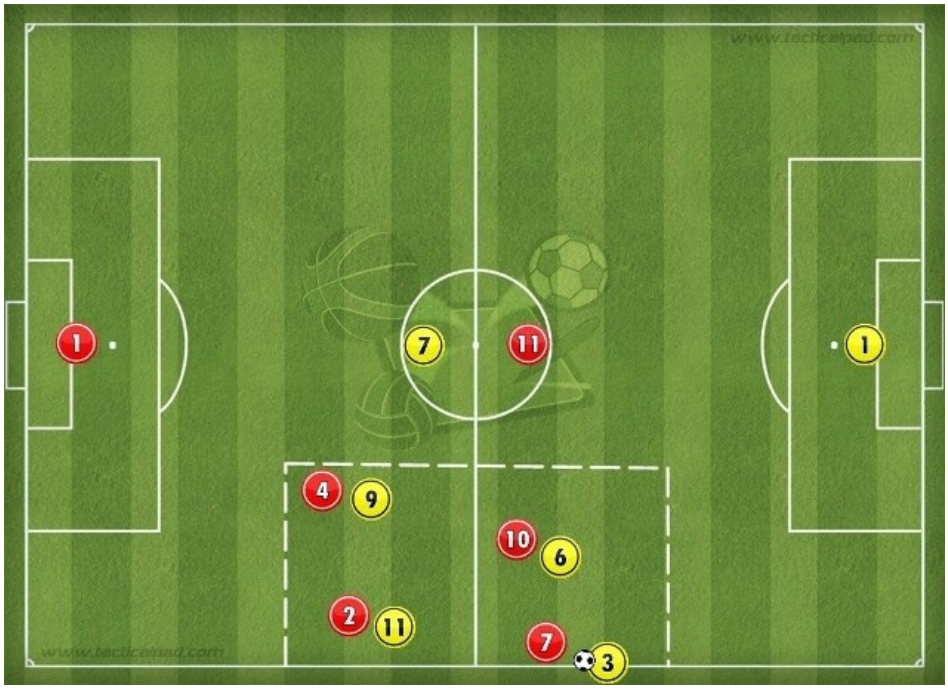


FIGURE 121 - DEFENSIVE ORGANIZATION: FORCE THE OPPONENT TO PLAY LONG (FRIDAY)

8.2 SubPrinciple – “Center Circle as Reference for the Defensive Block Organization”

This SubPrinciple of the **1st Defensive Phase – To Prevent the Offensive Game Build**, guides the team to form a cohesive block, organizing itself based on the center circle of the game field to start the pressure on the opponent.

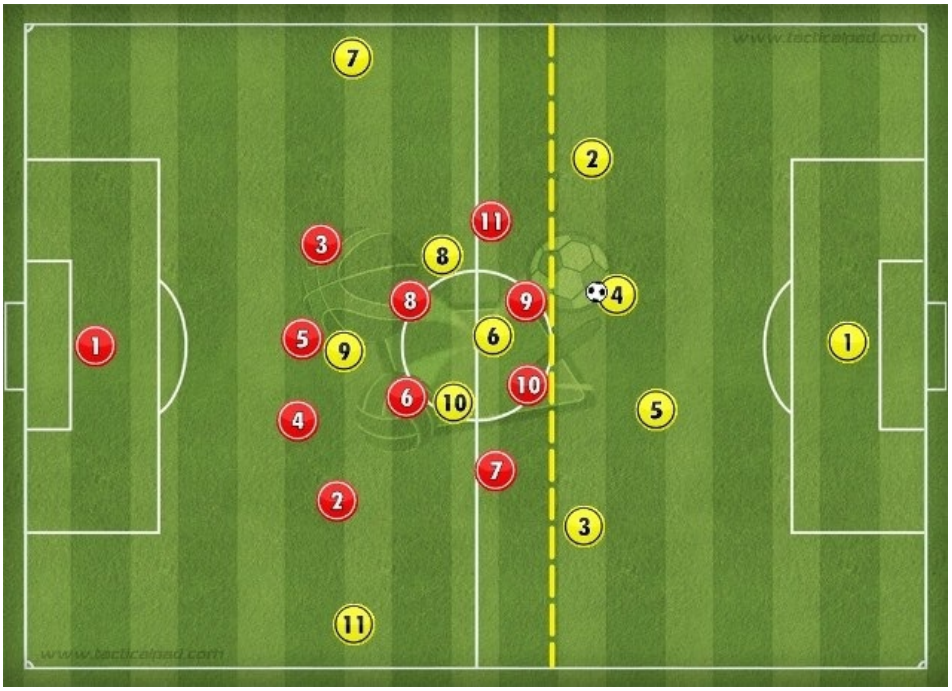


FIGURE 122 - DEFENSIVE ORGANIZATION: CENTER CIRCLE AS REFERENCE FOR THE DEFENSIVE BLOCK ORGANIZATION

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 1 mini-goal + 2 v 2. 10x30 yards field as depicted.

Description: The yellow team starts with the ball and tries to score in the opponent's mini-goal. The goal is valid only if scored past the midfield line. The red players must be inside the circle as shown below; they can cross the circle when they win possession; the red team scores when they cross the yellow team's end line. Whenever there is a goal or the ball goes out of bounds the exercise starts with the yellow team.

Scoring: Yellow scores in the mini-goal as described above. Red can only score if they cross the yellow team end line with the ball under control. The team which scores the most points at the end of the pre-established time wins.

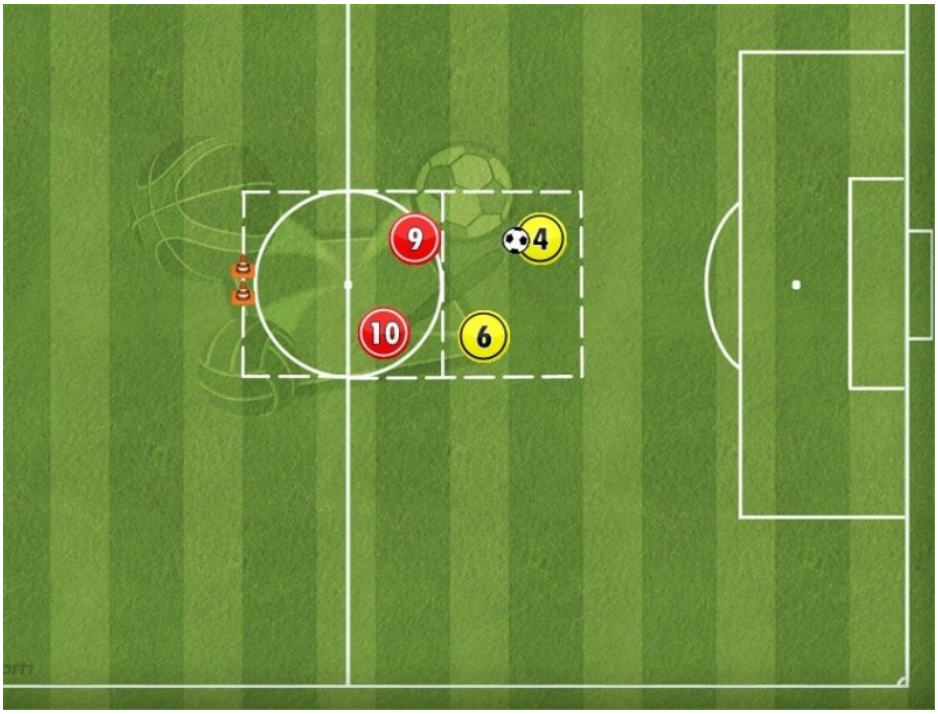


FIGURE 123 - DEFENSIVE ORGANIZATION: CENTER CIRCLE AS REFERENCE FOR THE DEFENSIVE BLOCK ORGANIZATION (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. 3/4 of a field with 2 full-size goals; midfield dotted line 10 yards into half with full-size goal.

Description: Normal game.

Scoring: Each goal is worth 2 points. Each time the red team wins the ball past the center circle, it scores a point. If the yellow team makes five consecutive passes past the dotted line on their own half it scores a point. The team that scores the most points in a predetermined time wins.

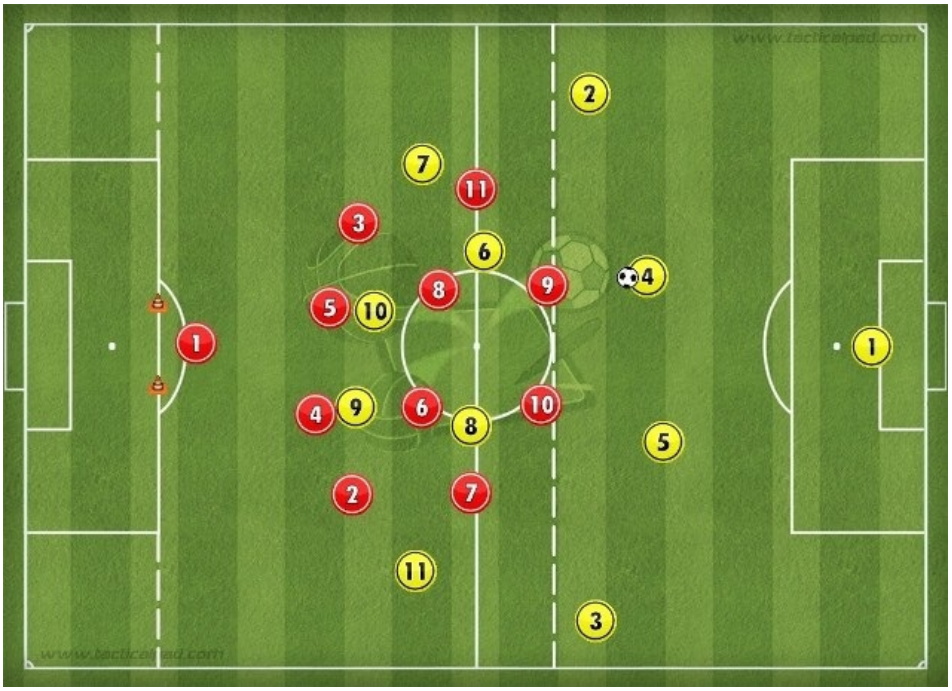


FIGURE 124 - DEFENSIVE ORGANIZATION: CENTER CIRCLE AS REFERENCE FOR THE DEFENSIVE BLOCK ORGANIZATION (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with increased speed of the muscular contraction:

Organization: Keeper+1 v 1+Keeper. Field as depicted with full-size goals. The end line of box which red defends is 25 yards from the midfield line.

Description: 1v1 match. Yellow player starts the exercise and tries to score after crossing the exercise's midfield. Red player must start behind center circle. Each exercise lasts up to 10 seconds.

Scoring: The team that scores first wins.

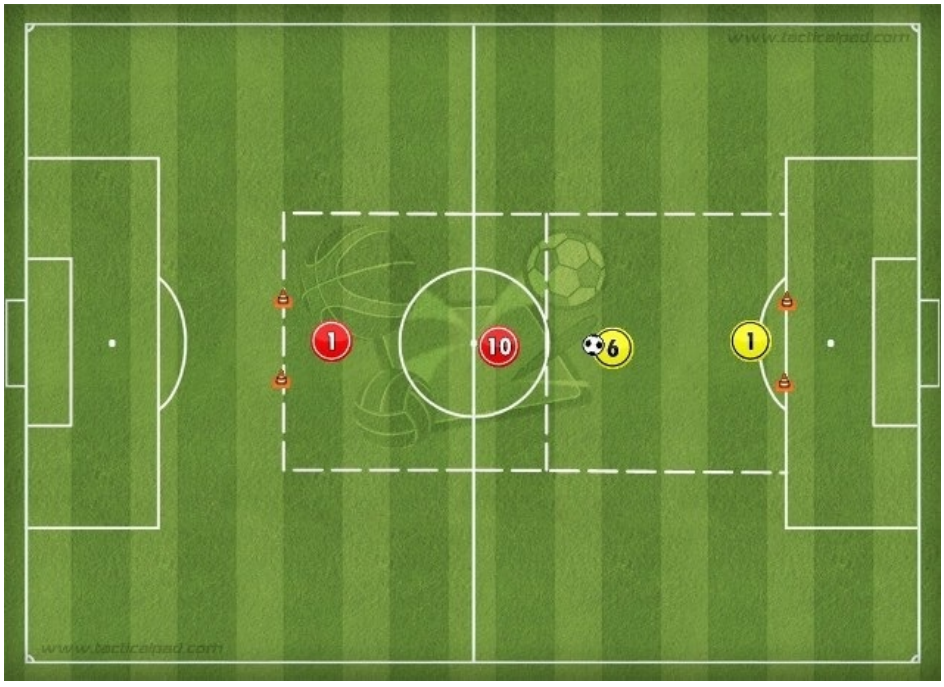


FIGURE 125 - DEFENSIVE ORGANIZATION: CENTER CIRCLE AS REFERENCE FOR THE DEFENSIVE BLOCK ORGANIZATION (FRIDAY)

8.3 SubPrinciple – “Prevent Penetration through the Interior Defensive Block”

This SubPrinciple of the **1st Defensive Phase - To Prevent the Offensive Game Build** guides the team to impede the opponent from penetrating through the interior defensive block. Therefore, we must coach the ball carrier to play the ball wide to the lateral channels. This will only be possible if the team reduces the spaces in the interior defensive block both in width and depth making it a Small Field. If any opponent is able to receive the ball in the interior defensive block the team must prevent such player from turning.

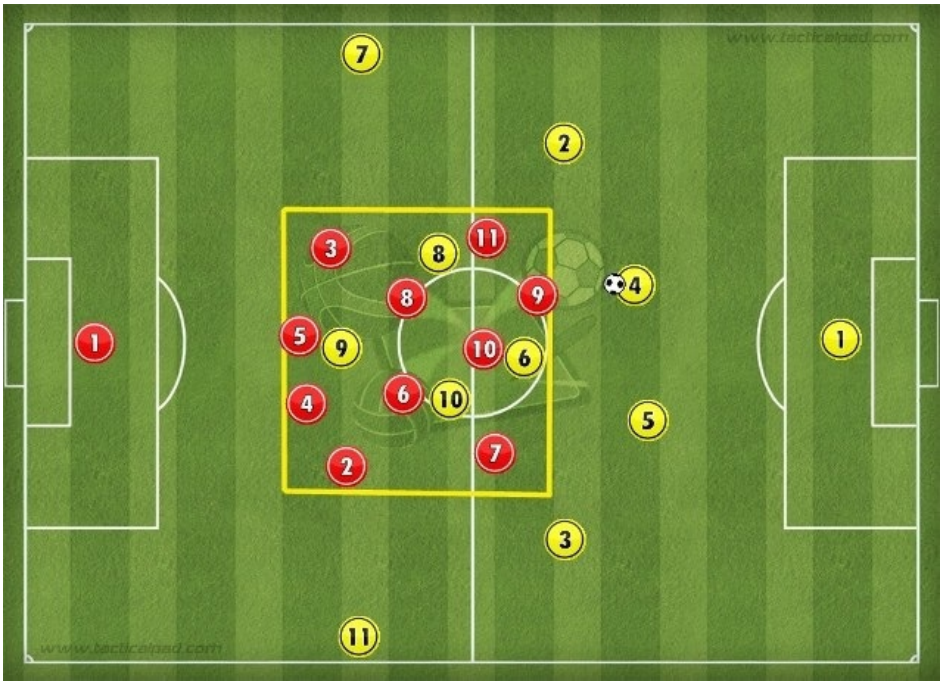


FIGURE 126 - DEFENSIVE ORGANIZATION: PREVENT PENETRATION THROUGH THE INTERIOR DEFENSIVE BLOCK

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: (5+1) v 3. Four cones creating a 5 yard radius circle inside the center circle. In the center circle there are six yellow players: 5 outside the circle and one inside the smaller circle vs. three red players. Have several balls ready to be used.

Description: The exercise starts with an outside yellow player. The objective is to make as many passes as possible while the red players try to prevent it. Every time the ball goes out of play, there is a foul, or the red defenders win possession the exercise re-starts with an outside yellow player.

Scoring: Per 10 consecutive passes, the yellow team scores a point. Every time the yellow player in the small circle receives a pass and is able to pass back to a teammate outside the circle, yellow scores 2 points; if he is able to turn and deliver it to player in the opposite side, the yellow team scores 3 points. At the end of the predetermined time, the defensive threesome that allows the least number of points wins.

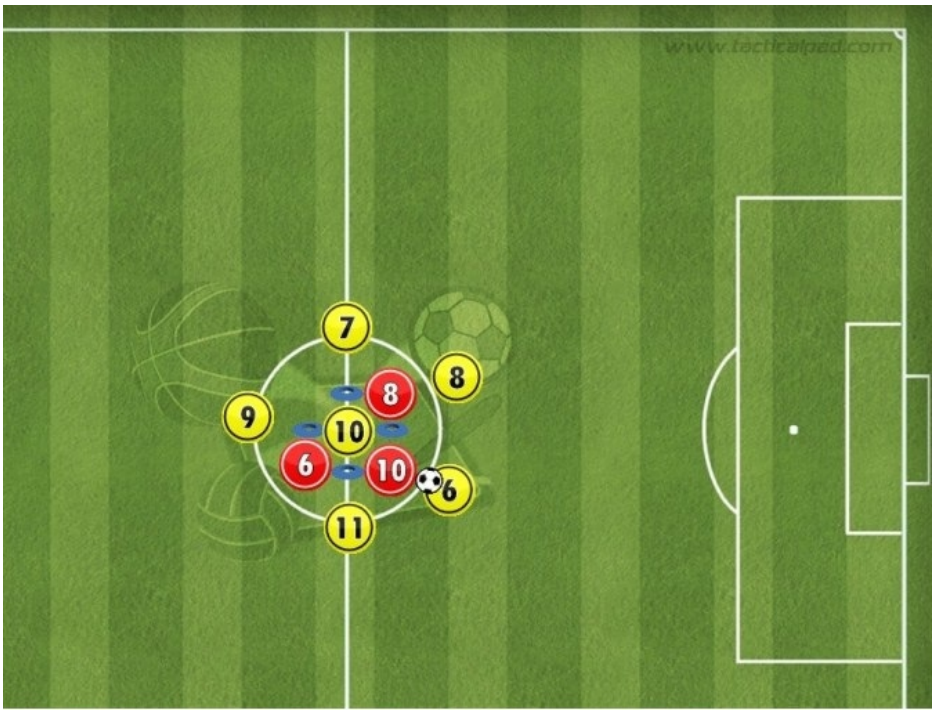


FIGURE 127 - DEFENSIVE ORGANIZATION: PREVENT PENETRATION THROUGH THE INTERIOR DEFENSIVE BLOCK (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. Use the full field with box as depicted 35x30 yards.

Description: The yellow team kicks off the exercise through one of its Center Backs in their own back third. The objective is to score a goal by entering the central channel of the red team through the box or to pass to a teammate in the same space. At the end of a pre-established time, the teams reverse functions.

Scoring: Each goal is worth 3 points. If the yellow team is able to pass to a teammate in the box and he is capable of turning, yellow scores 2 points; if the yellow team is able to enter the box with the ball controlled, it scores 1 point. The team that scores the most points after both teams attack wins.

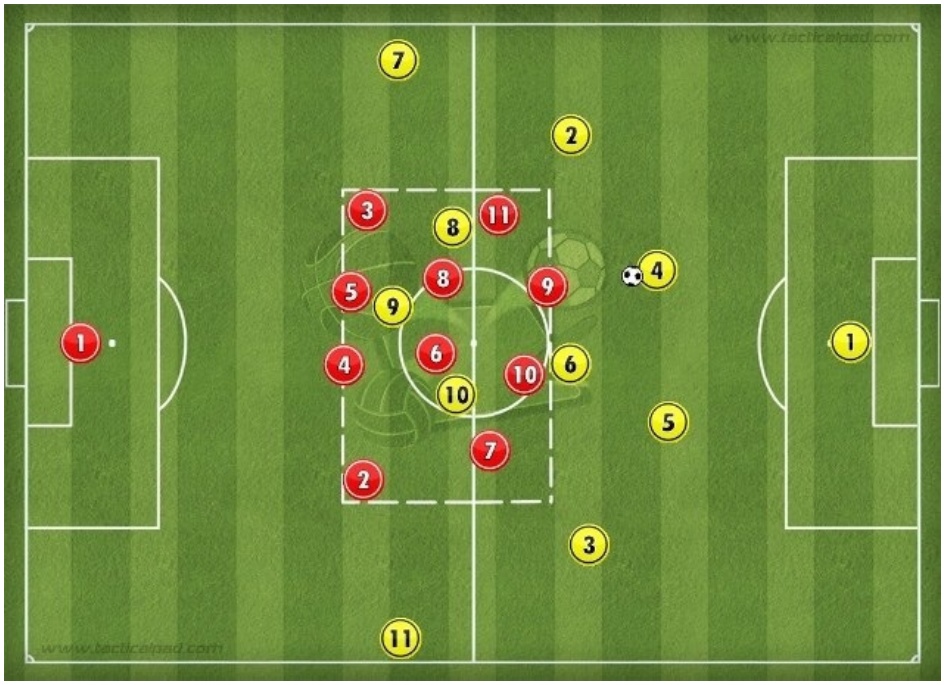


FIGURE 128 - DEFENSIVE ORGANIZATION: PREVENT PENETRATION THROUGH THE INTERIOR DEFENSIVE BLOCK (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contractions:

Organization: (4+1) v 3 and then 3 v 2+Keeper. The field is box to box in length, with the width to the edge of the boxes. In the center circle, 4 yellow players are outside the center circle while one is in the inner 5 yard radius circle vs. 3 red defensive players.

Description: For each 10 consecutive passes the yellow team may have a 3 v 2+Keeper with 10 seconds to finish. The yellow team may also score if the pass after is passed to the yellow player in the inner circle who then is able to deliver to an outside forward. If the 3 red defenders win possession, they have 10 seconds to score; the red players may only be defended by the two yellow players directly with the backs to their goal (#6 and #8); the other 3 yellow players are not to get involved upon losing possession.

Scoring: Teams must score within 10 seconds as per above. The team that scores the most goals in the pre-established time wins.

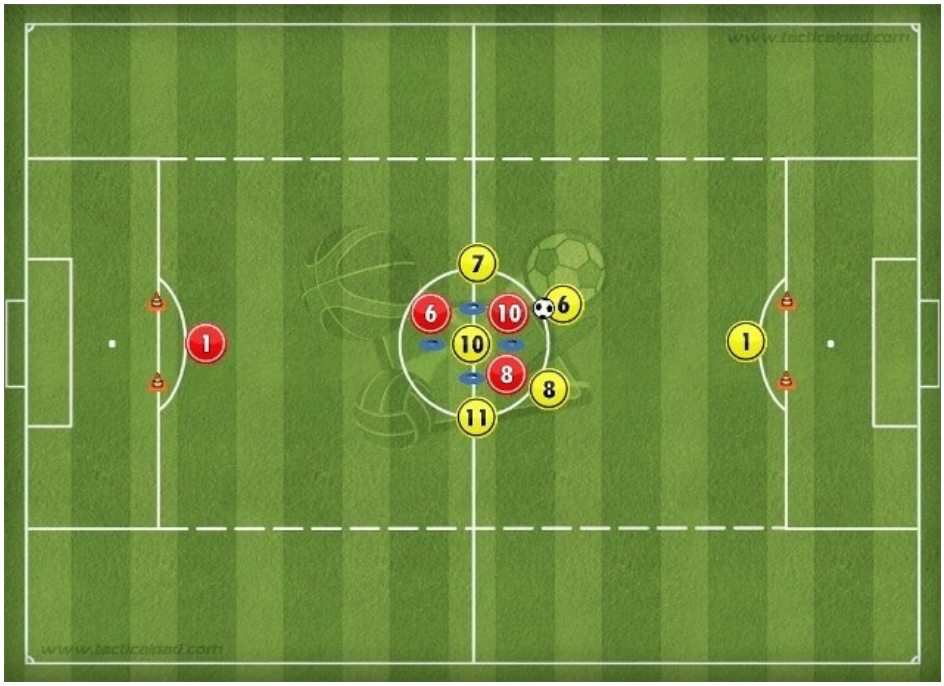


FIGURE 129 - DEFENSIVE ORGANIZATION: PREVENT PENETRATION THROUGH THE INTERIOR DEFENSIVE BLOCK (FRIDAY)

8.4 SubPrinciple – “Intense Pressure in the Lateral Channels”

This SubPrinciple of the **1st Defensive Phase - To Prevent the Offensive Game Build**, coaches the players that when the ball is played to the lateral channel, the team must exert an intense pressure to recover the ball; to be successful it’s necessary to ensure there is both a player’s numbers and positional advantage near the ball, implying the “shifting” of all players to the strong side.

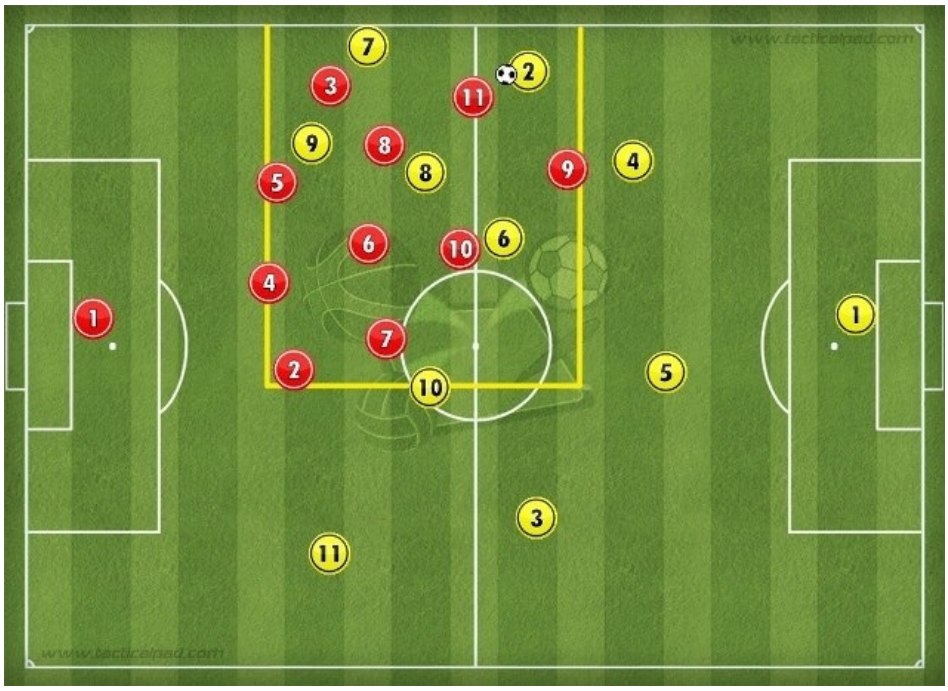


FIGURE 130 - DEFENSIVE ORGANIZATION: INTENSE PRESSURE IN THE LATERAL CHANNELS

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 4 v 4 with 2 mini-goals 3 yards wide set up as depicted. The length of exercise field has two lines tangent to the edge of the crease of the box and to the edge of the center circle as depicted; width of outside boxes is 10 yards and middle box is 15 yards.

Description: The teams try to score in the mini-goals.

Scoring: A goal is worth 2 points. If the defending team recovers the ball in lateral channel they get a point. The team that has the most points at the end of the pre-established time wins.

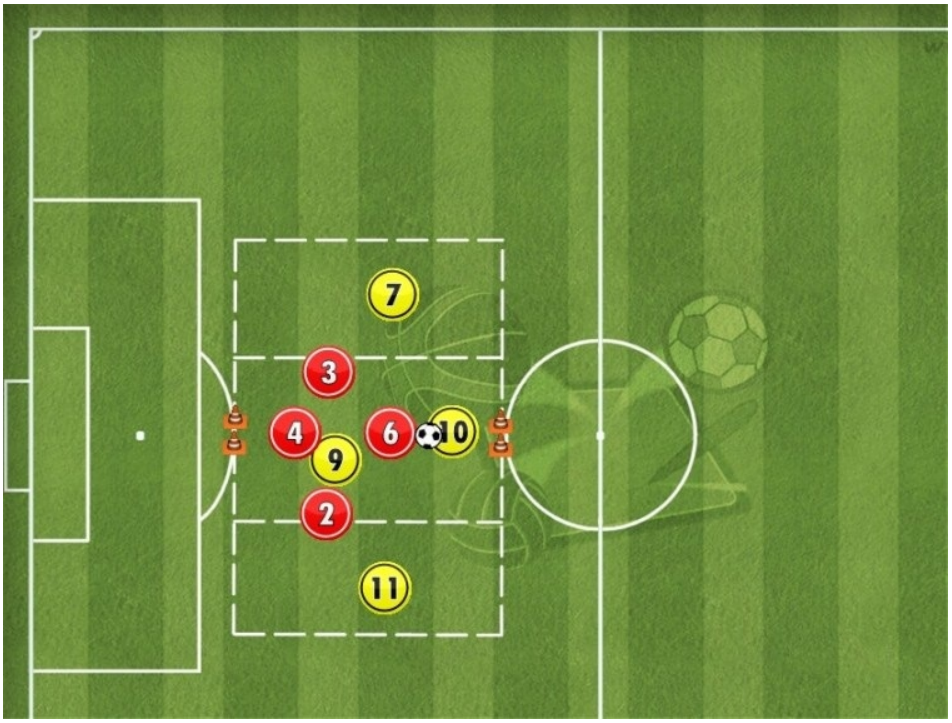


FIGURE 131 - DEFENSIVE ORGANIZATION: INTENSE PRESSURE IN THE LATERAL CHANNELS (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper + 10 v 10+Keeper. The field is box to box in length and of full field width; two lateral channels 15 yards wide as depicted.

Description: The game is played normally including the use of the offside rule.

Scoring: Each goal is worth two points. Anytime a team recovers possession in one of the lateral channels it scores a point. The team that has the most points at the end of the pre-established game wins.

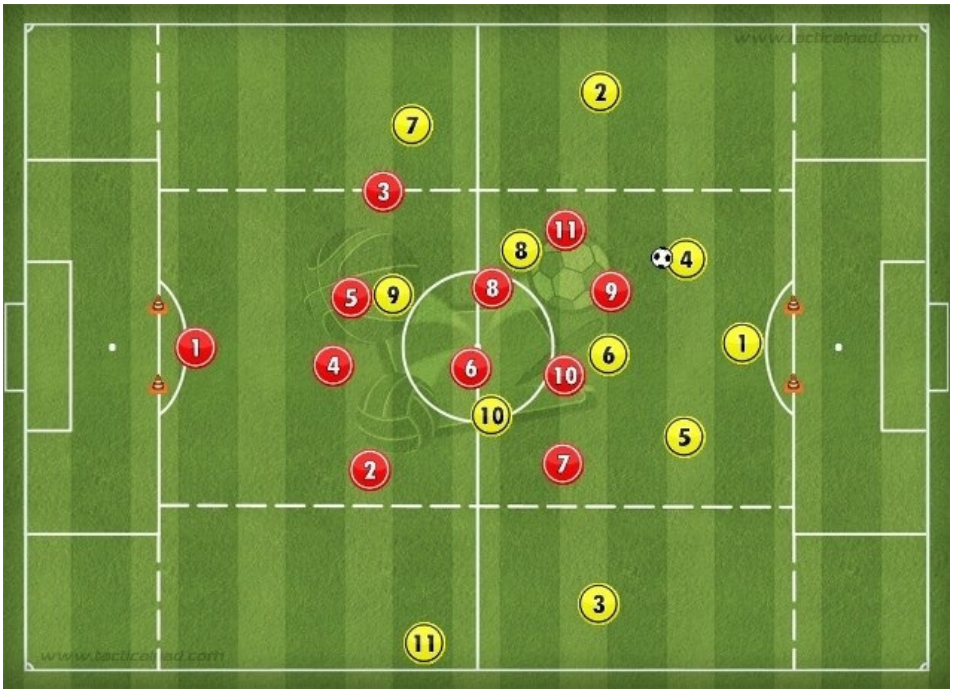


FIGURE 132 - DEFENSIVE ORGANIZATION: INTENSE PRESSURE IN THE LATERAL CHANNELS (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: 4 v 4 + 2 Keepers and 1 Defensive Joker. 2 full-size goals made of cones as depicted plus 2 small goals placed on the side lines straddling the midfield line as shown. The field is 40x40 yards.

Description: The team in possession faces 5 players as the Joker plays defense. The foursome in possession tries to cross the midfield line in the central channel with the ball under control. If the team with the defensive joker recovers the ball in one of the outside channels, they attempt to score in the side goal on their side within 10 seconds.

Scoring: A point is scored for crossing the midfield line through the central channel. Each goal on any goal is worth a point.

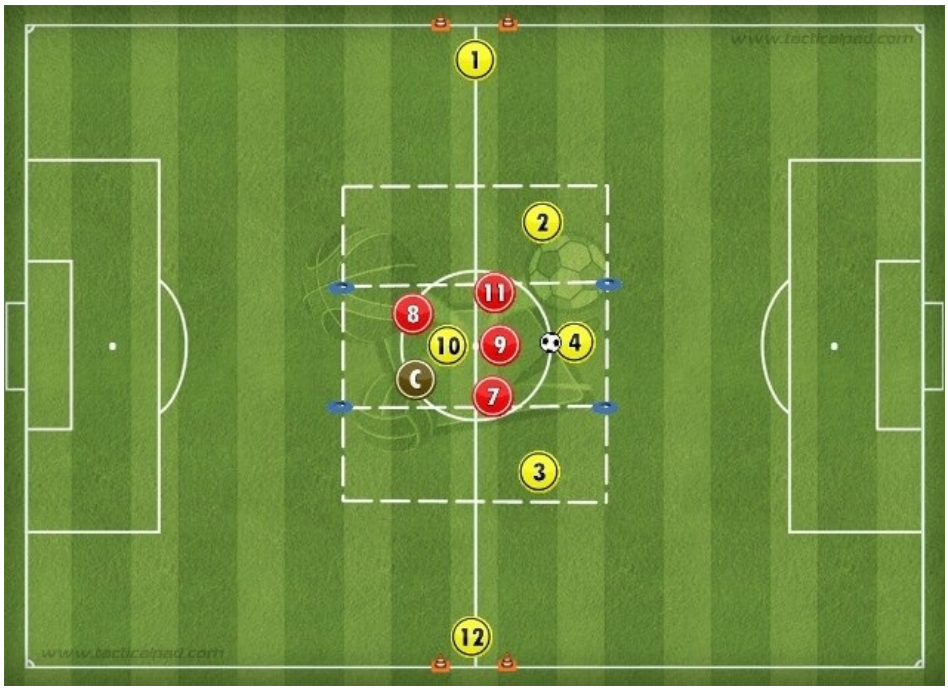


FIGURE 133 - DEFENSIVE ORGANIZATION: INTENSE PRESSURE IN THE LATERAL CHANNELS (FRIDAY)

8.5 SubPrinciple – “Deploy the Team in Various Lines both Deep and Wide”

This SubPrinciple of the **2nd Defensive Phase – Prevent the Creation of Finishing Situations** guides the players to be positioned so to continuously have “**Defensive Coverage**” for the player who faces the ball carrier.

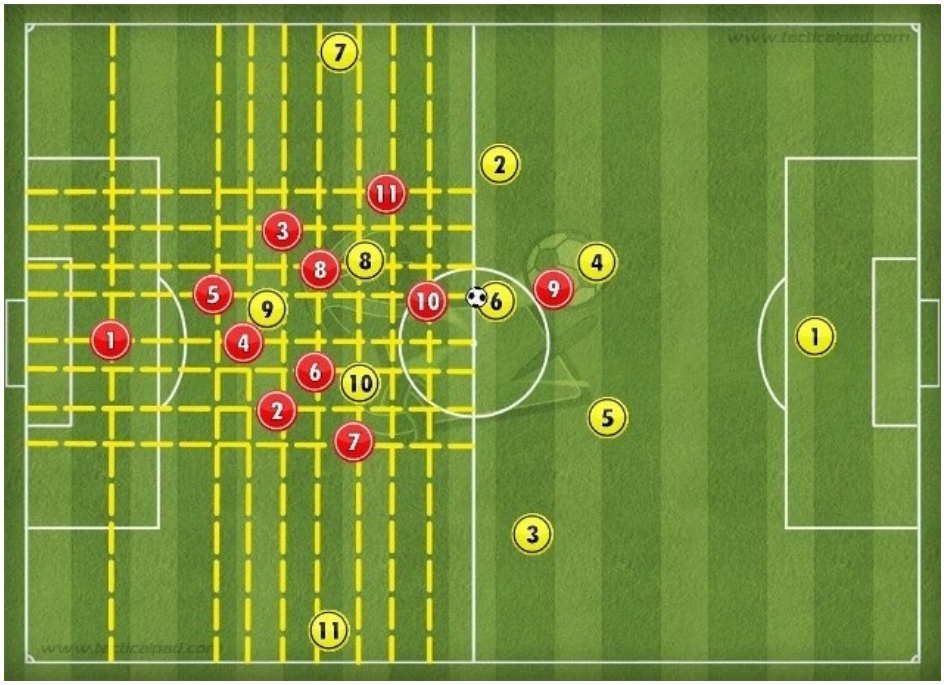


Figure 134 - Defensive Organization: Deploy the Team in Various Lines both Deep and Wide

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 1 v (2 + 2) + 3 mini-goals on each side of the exercise field, plus six soccer balls. The field is 35 yards wide and from box to midfield in length. The red player neutral zone is five yards long.

Description: The exercise has one minute duration in total. The red player in the neutral zone tries to score in either the yellow or blue mini-goals. The defending players are restricted to their field area. The yellow and blue defenders must have always one defender pressure the red player while a second covers the pressuring defender – both players can not put pressure on the red player simultaneously. If the red player loses possession or scores, he must go back to the neutral zone and get another ball until the exercise ends.

Scoring: The group of defenders that allows the least number of goals wins.

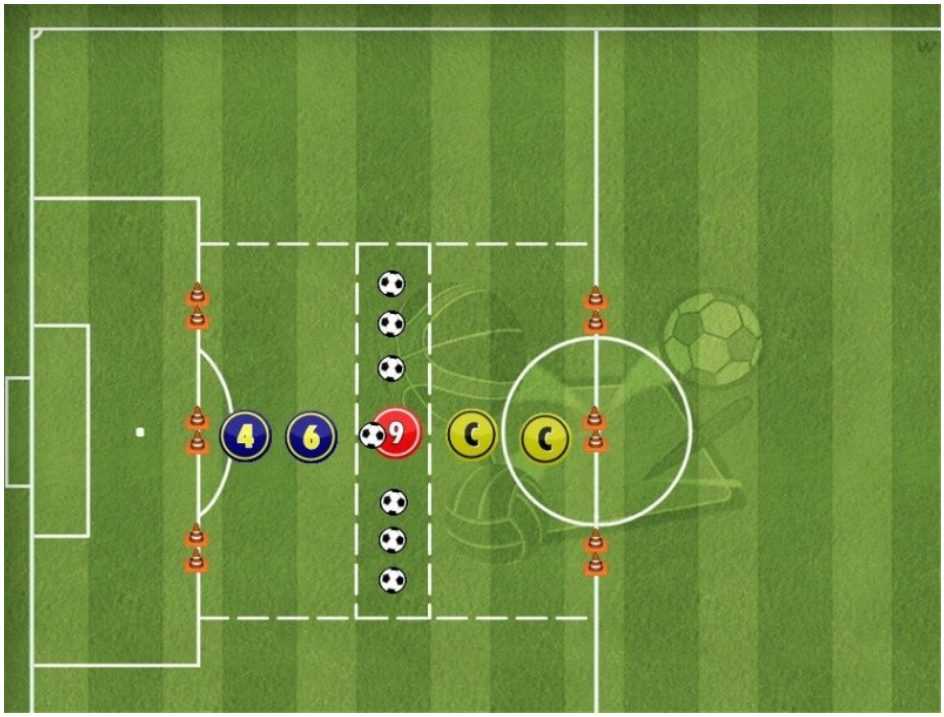


Figure 135 - Defensive Organization: Deploy the Team in Various Lines both Deep and Wide (Wednesday)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper with 3 Defensive Jokers. A regular game is played in a full-size field with a central channel 44 yards wide. Two parallel lines on each side of the midfield, 20 yards parallel to it that forms 3 restricted zones.

Description: In each restricted zone there is a Defensive Joker who must only play in its designated zone. The defending team tries to recover possession with the help of the three jokers.

Scoring: Each goal is worth 2 points. If the team in possession is able to complete a pass from one zone to another or dribble from one zone to another it scores a point. The team that scores the most points in the pre-established time wins.

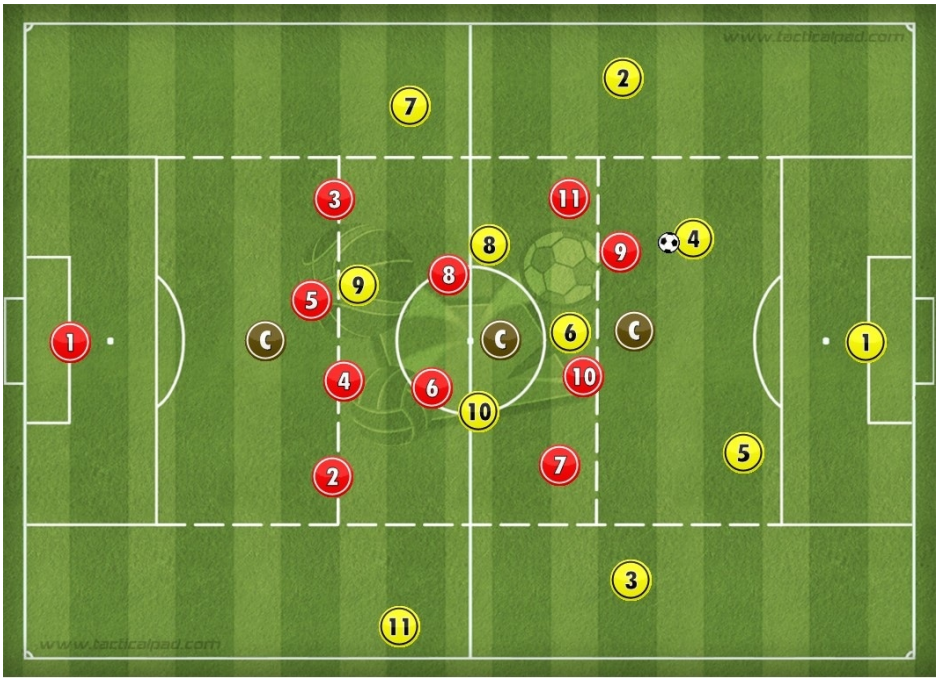


FIGURE 136 - DEFENSIVE ORGANIZATION: DEPLOY THE TEAM IN VARIOUS LINES BOTH DEEP AND WIDE (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: Keeper+2 v 3+Keeper. The exercise field length is from box to box and 35 yards wide. There is a 35x20 yards box split in half lengthwise. 2 yellow attackers play 3 red players inside the box across the center circle. This zone is divided in half as depicted where there can only be a 1v1 game; however, the 3rd player responsible for Defensive Coverage can join the 1v1 game without limitations as per the picture below.

Description: The objective of the two attackers is to go through the red team's end line with the ball under control and then finish in the regular goal. If the 3 red defenders recover the ball they must execute a quick transition and try to score in the yellow team's goal. Each game situation lasts no more than 20 seconds.

Scoring: Two points per goal. One point if the attackers go through the red team's end line with the ball under control.

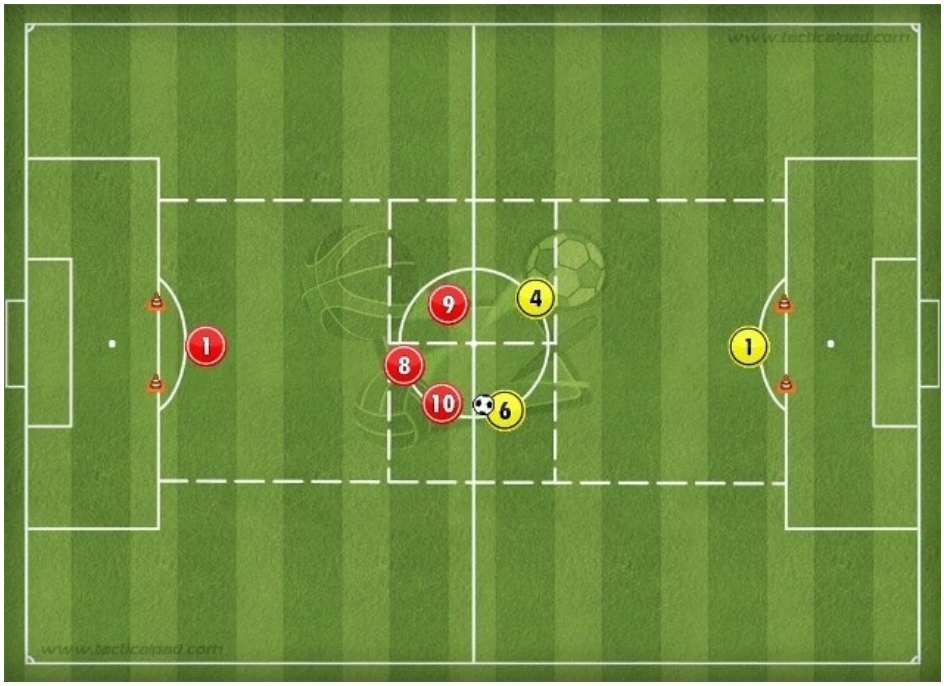


FIGURE 137 - DEFENSIVE ORGANIZATION: DEPLOY THE TEAM IN VARIOUS LINES BOTH DEEP AND WIDE (FRIDAY)

8.6 SubPrinciple – “Sectors near each other to close the Spaces between the Lines”

This SubPrinciple of the **2nd Defensive Phase – Prevent the Creation of Finishing Situations** guides the team to always create a Small Field so the opponents are restricted on the ball possession, passes, and reception. The players must stay/track the opponents who are trying to find spaces between sectors with the appropriate support from their teammates.

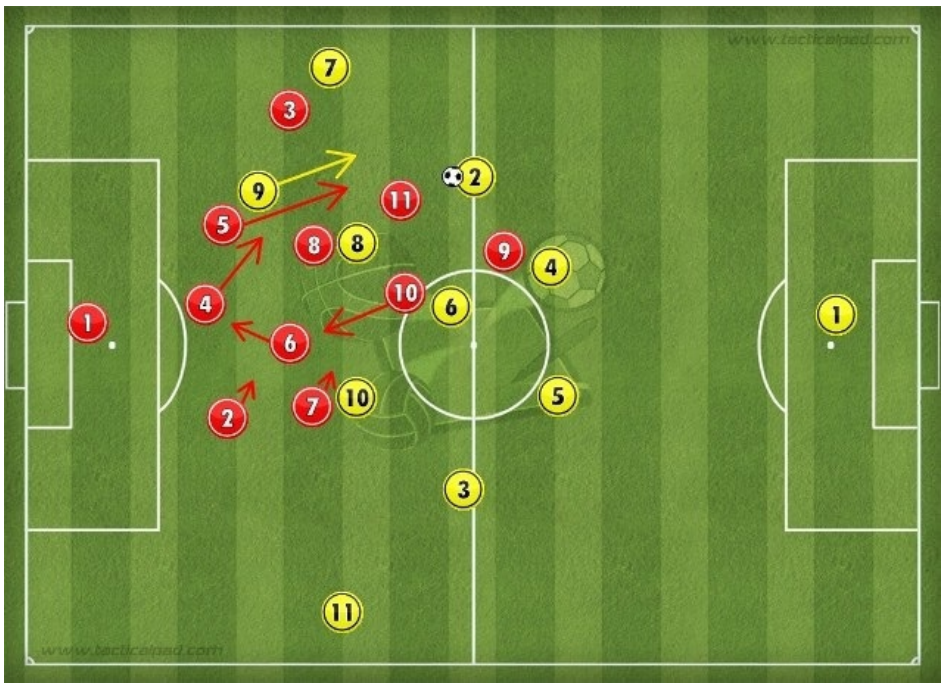


FIGURE 138 - DEFENSIVE TRANSITION: SECTORS NEAR EACH OTHER TO CLOSE THE SPACES BETWEEN THE LINES

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: Mini-goal + 3 v 2 with an Offensive Joker. The exercise field is 35x25 yards.

Description: The exercise starts from the center circle with the Offensive Joker. The yellow attackers run to the restricted space to receive the ball. The red defenders track their yellow attackers while getting Defensive Coverage from their Center Mid. At this point there is a 3v3 situation with the Offensive Joker supporting his yellow teammates. However, the Offensive Joker can not leave the center circle and may only have 2 to 3 touches. Anytime there is a stoppage, the exercise restarts from the original setting.

Scoring: The yellow team scores a point if they score in the mini-goal. The red team scores a point upon winning ball possession and being able to pass it to the Offensive Joker. The team that scores the most points in the pre-established time wins.

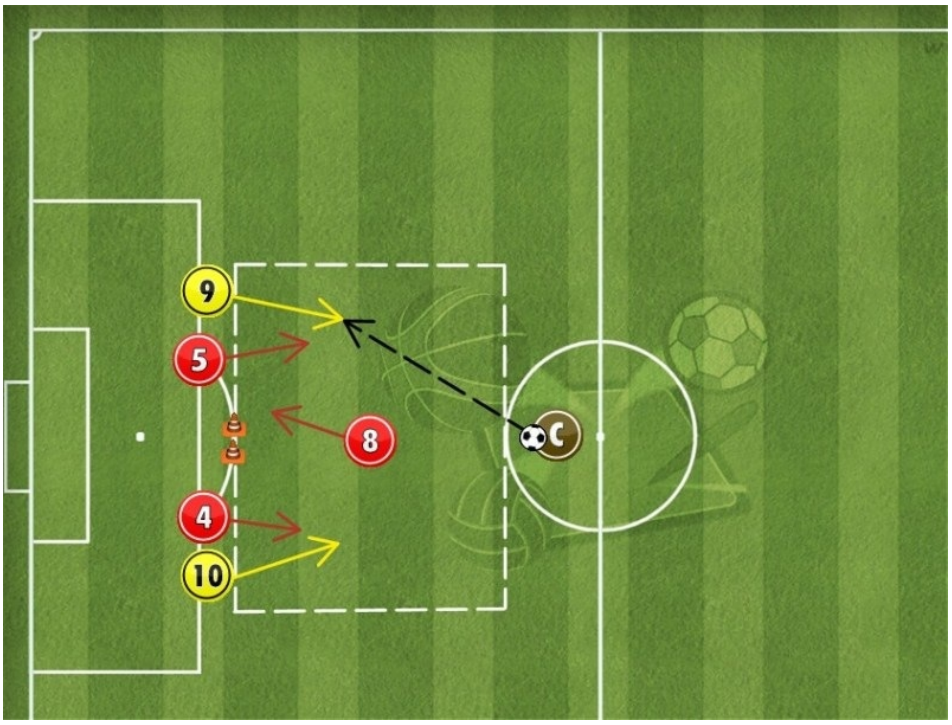


FIGURE 139 - DEFENSIVE ORGANIZATION: SECTORS NEAR EACH OTHER TO CLOSE THE SPACES BETWEEN THE LINES (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. Field is of box to box length and regular width with a central zone with two lines parallel to the midfield and tangent to the center circle going from side line to side line. Full-size goals.

Description: Regular game including the use of the offside rule.

Scoring: Each goal is worth 3 points. A point is awarded when the team in possession in its defensive zone is able to pass to a player positioned in the central zone. If the player that receives the pass in the central zone can turn, the team scores 2 points. The team that scores the most points in the pre-established time wins.

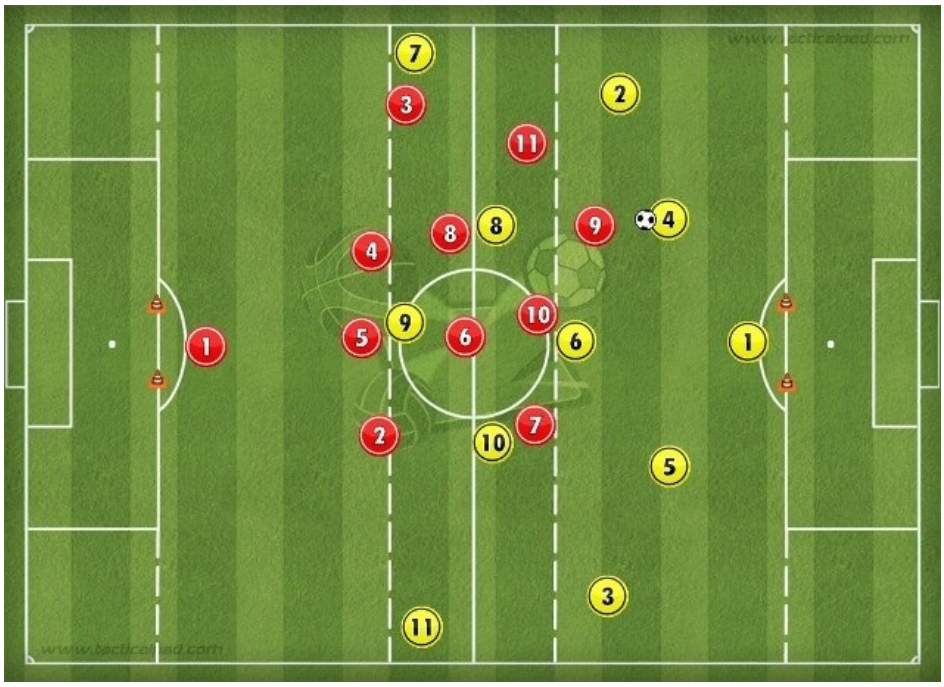


FIGURE 140 - DEFENSIVE ORGANIZATION: SECTORS NEAR EACH OTHER TO CLOSE THE SPACES BETWEEN THE LINES (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: Keeper+2 v 3+Keeper. Exercise field is 25x35 yards, two full-size goals.

Description: The yellow Keeper starts the exercise game. The yellow attackers run to the space to receive the ball. The red defenders track their yellow attackers while getting Defensive Coverage from their Center Mid. At this point there is a Keeper + 2 v 3 + Keeper situation with the yellow attackers trying to score while red tries to obtain possession and score as well. Each game situation lasts up to 10 seconds.

Scoring: The team that scores the most goals in the 10 seconds wins.

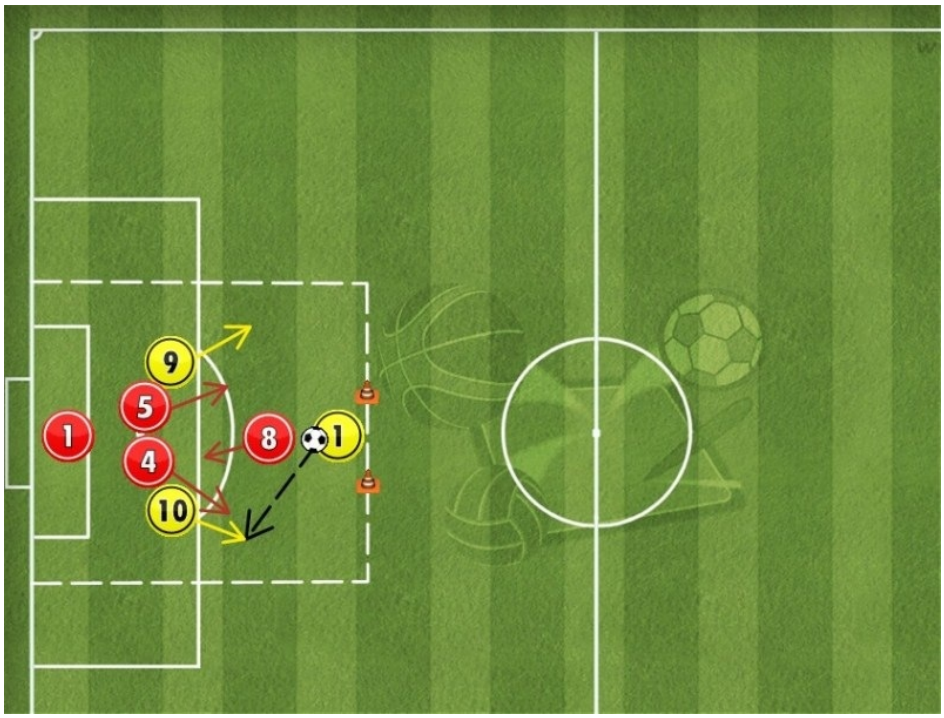


FIGURE 141 - DEFENSIVE ORGANIZATION: SECTORS NEAR EACH OTHER TO CLOSE THE SPACES BETWEEN THE LINES (FRIDAY)

8.7 SubPrinciple – "Strong Side/Weak Side – Shifting"

This SubPrinciple of the **2nd Defensive Phase – Prevent the Creation of Finishing Situations** guides the players to occupy the spaces near the ball to make it easier to recover possession: **Teamwork and Collective Defensive Attitude**. The central axis of the pitch must be used as a reference. When the ball is in one of the lateral channels all players must shift to that channel with some players remaining in the central channel. The Outside Back, Winger, and the Center Mid create numerical superiority near the ball; the Attacking Mid drops to a more retreated midfield position to become a Center Mid. If there is a switch of the point of attack through a long pass, the players must shift to the opposite side through a fast diagonal run.

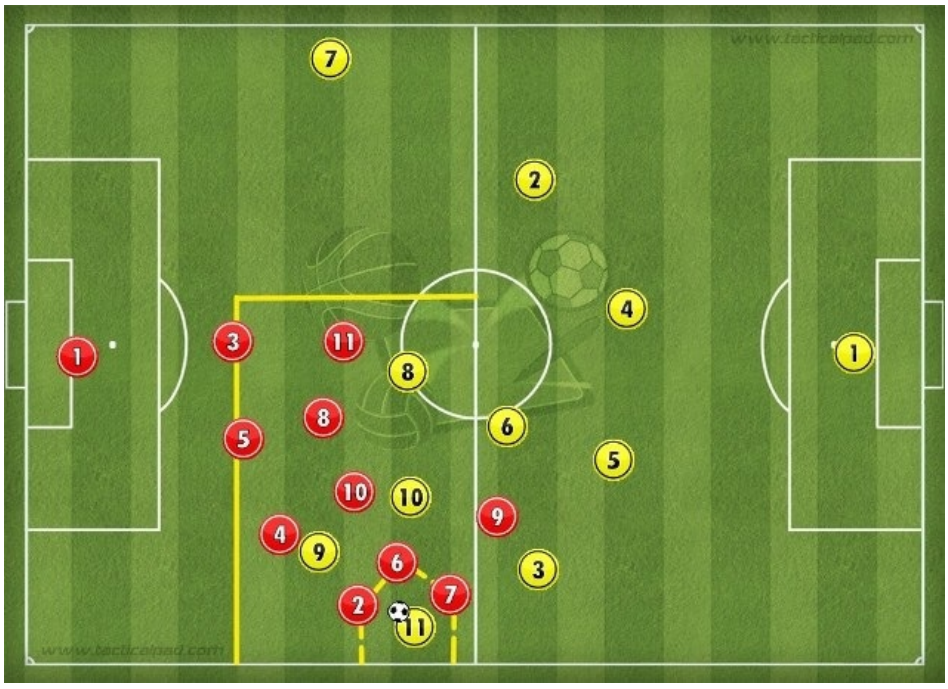


FIGURE 142 - DEFENSIVE ORGANIZATION: STRONG SIDE/WEAK SIDE – SHIFTING

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 1 mini-goal + 3 v 3 + 2 mini-goals. The exercise space is divided into three channels 10 yards in width and 20 in length as depicted.

Description: The team that defends at first has to protect both mini-goals and the team that starts with possession must defend one mini-goal after loss of possession. The attacking team has to have a player occupying the three game channels while the team that defends must make a Small Field on the ball channel, creating numbers near the ball. Anytime there is a stoppage, the exercise restarts.

Scoring: The team that scores the most goals in the pre-established time wins.

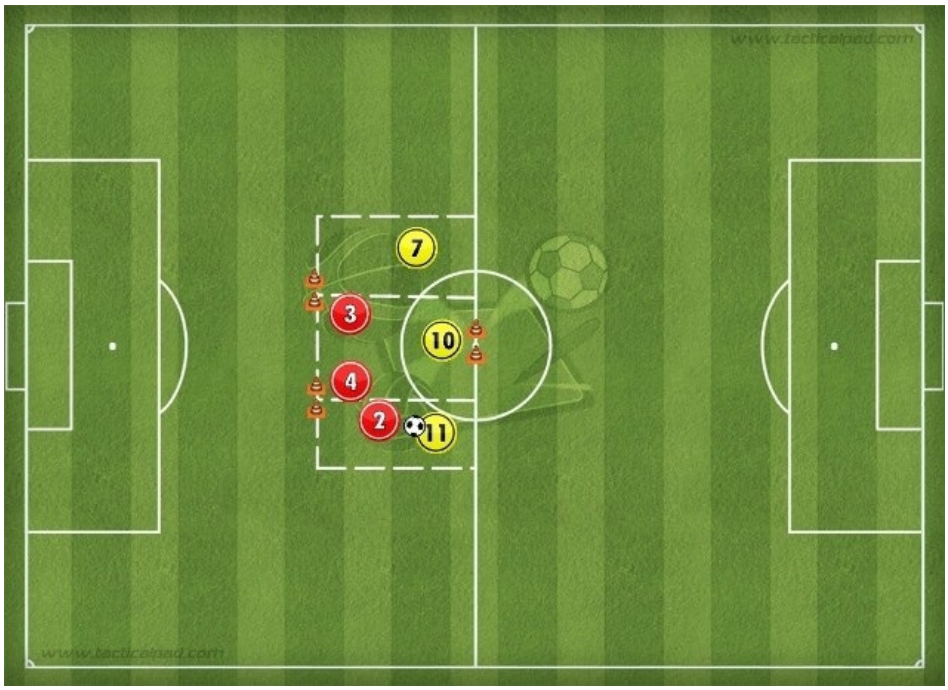


FIGURE 143 - DEFENSIVE ORGANIZATION: STRONG SIDE/WEAK SIDE – SHIFTING (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: 2 Keepers + 10 v 10 + Keeper. Field has three full-size goals as depicted; 3/4 of the field is used, with three channels of 25 yards of wide.

Description: The team that defends both goals must shift in relation to the ball, e.g. if the ball is in one of the outside channels, the players are in that channel and the central channel; if the ball is in the central channel the players must occupy it. The team that attacks both goals must switch the ball from side to side so to create finishing situations. At the end of the pre-established time, the teams switch functions.

Scoring: The team that scores the most goals wins.

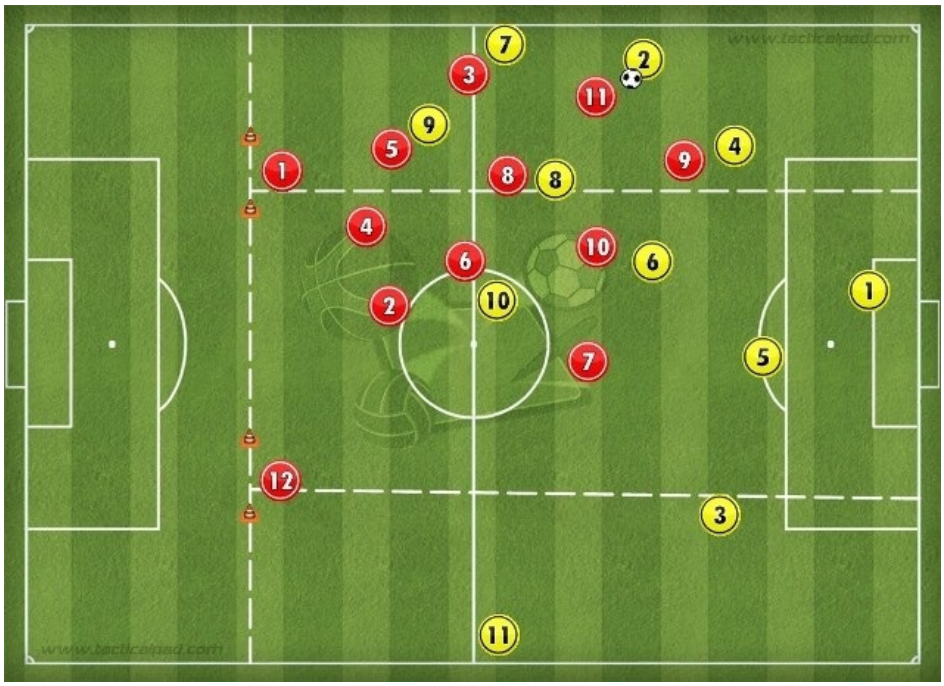


FIGURE 144 - DEFENSIVE ORGANIZATION: STRONG SIDE/WEAK SIDE – SHIFTING (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: Keeper + 3 v 3 + Keeper. Exercise field as depicted 35x30 yards with 2 full-size goals.

Description: The game starts with the Keeper. The team in possession must always have a player in each channel while the team that defends makes a Small Field on the ball channel, creating numbers around the ball. Each game lasts up to 10 seconds.

Scoring: The team that scores the most goals within 10 seconds wins.

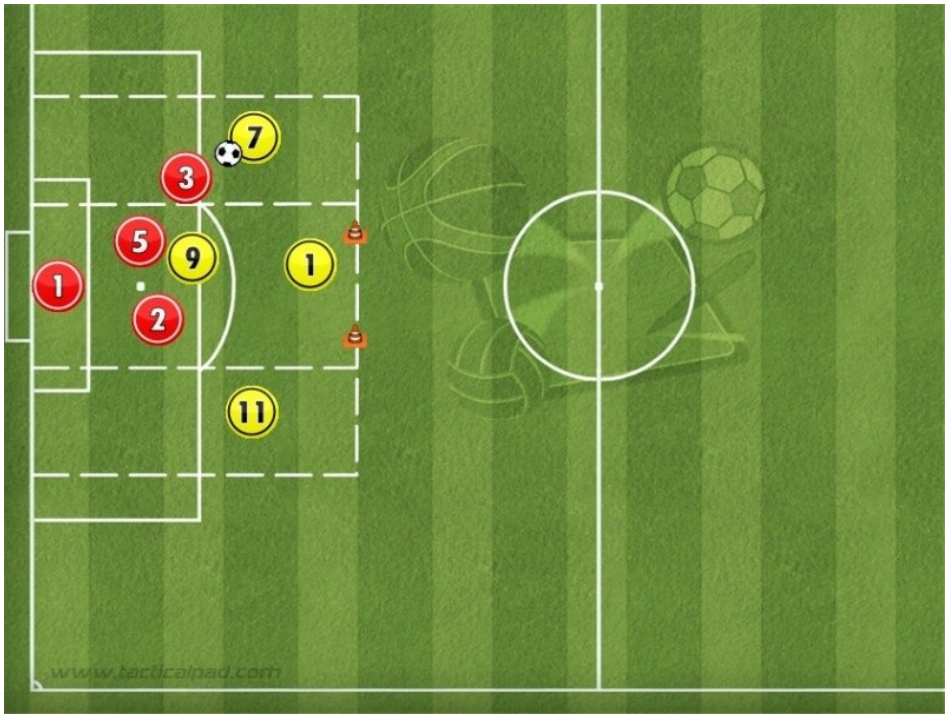


FIGURE 145 - DEFENSIVE ORGANIZATION: STRONG SIDE/WEAK SIDE – SHIFTING (FRIDAY)

8.8 SubPrinciple – "Push Upfield, Reduce Spaces"

This SubPrinciple of the **2nd Defensive Phase – Prevent the Creation of Finishing Situations**, guides the team to move up field to keep the sectors away from its own goal in the following situations: 1) when the defenders play the ball away from their own goal they move up field always keeping an eye on the ball; if the opponent has possession, they stop moving up field. If the ball carrier is pressured, keep the position or move up depending on the situation. Retreat, if the opponent has time and space to execute to prevent the opponents from gaining an advantage behind the last line of defense; 2) when the opponent makes a back pass, the longer the back pass the bigger the move up field; however, track those players who penetrate from deep positions; 3) when the ball carrier is under pressure and facing their own goal.

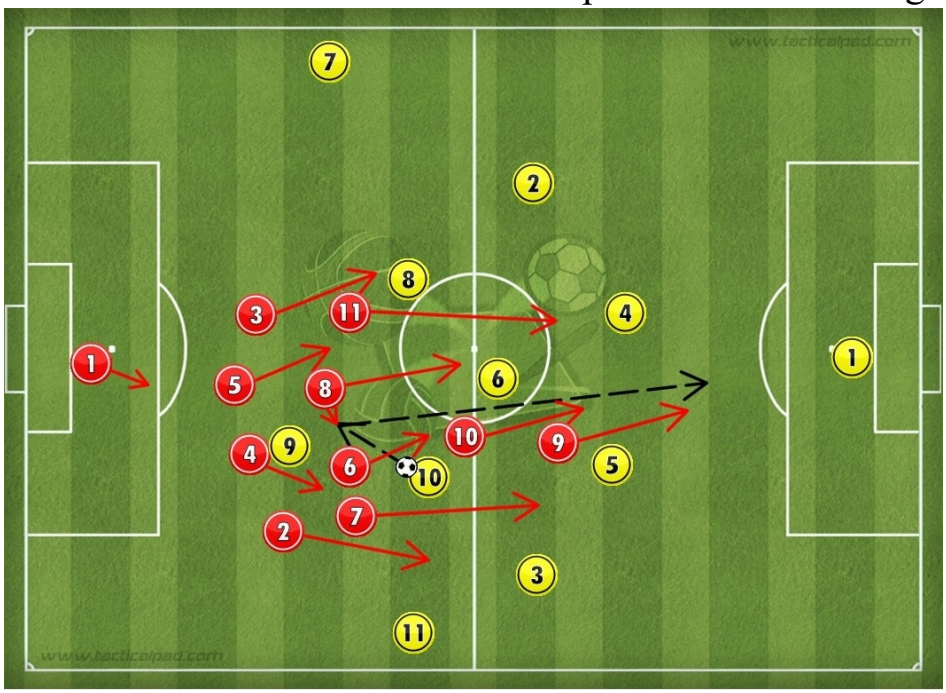


FIGURE 146 - DEFENSIVE ORGANIZATION: PUSH UPFIELD, REDUCE SPACES

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 2 v 2 with 4 Offensive Jokers. Play in the center circle. Four cones make 5-yard-wide goals.

Description: The exercise is played in the center circle with the team possession getting the support of all 4 Jokers who only have 2 to 3 touches. The objective is to cross with the ball under control. Defensive players must track their opponents to prevent the ball from being played behind them.

Scoring: If the team in possession crosses the defensive team's goal it is awarded 2 points. If the team in possession makes a back pass to a Joker in its half and gets the ball back in their half, it scores a point. The team that scores the most points in the pre-established time wins.

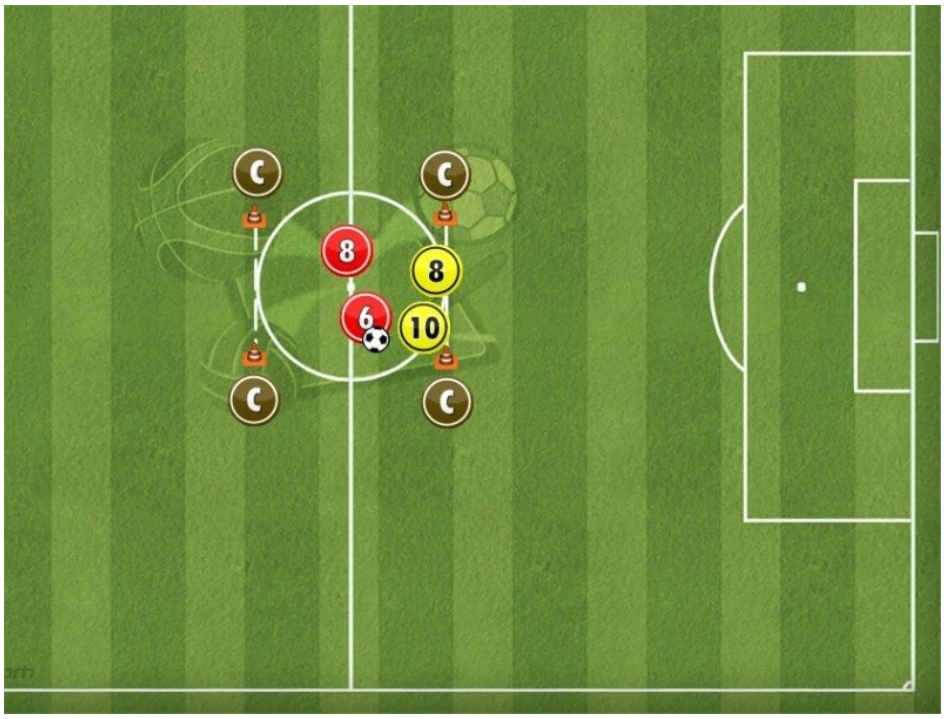


FIGURE 147 - DEFENSIVE ORGANIZATION: PUSH UPFIELD, REDUCE SPACES (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. Full field with six zones, two zones are the length of the box and four are about 20 yards long.

Description: The defending team needs to move up at least one sector in one of the following conditions: 1) when the ball is played away from their goal; 2) when the opponents make a back pass; 3) when the ball carrier is pressured facing their own goal.

Scoring: Each goal is worth 2 points. The defending team scores a point for every sector they move up.

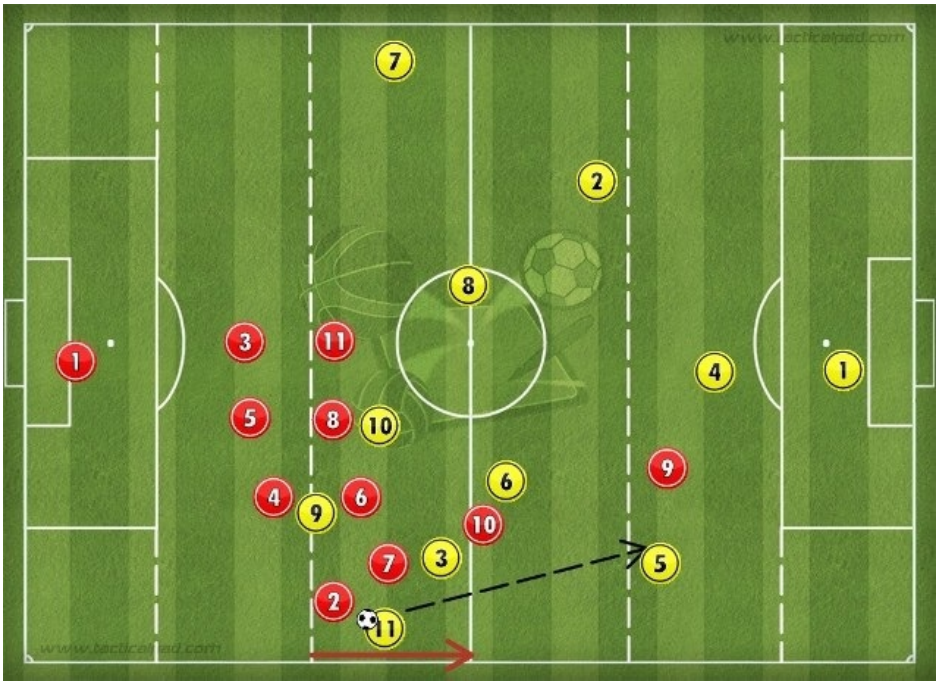


FIGURE 148 - DEFENSIVE ORGANIZATION: PUSH UPFIELD, REDUCE SPACES (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: Keeper+1 v 1+Keeper. Field is 25x10 straddling the center circle with two full-size goals.

Description: The red player from his own half inside the center circle plays the ball to the yellow Keeper to simulate loss of possession. The yellow player drops from the red half to his own half to receive the ball from his Keeper. Yellow then plays 1v1 to score. Red player's function is first to prevent yellow player from receiving the ball from his Keeper and, if unsuccessful, to defend his goal.

Scoring: Must score within 10 seconds of start.

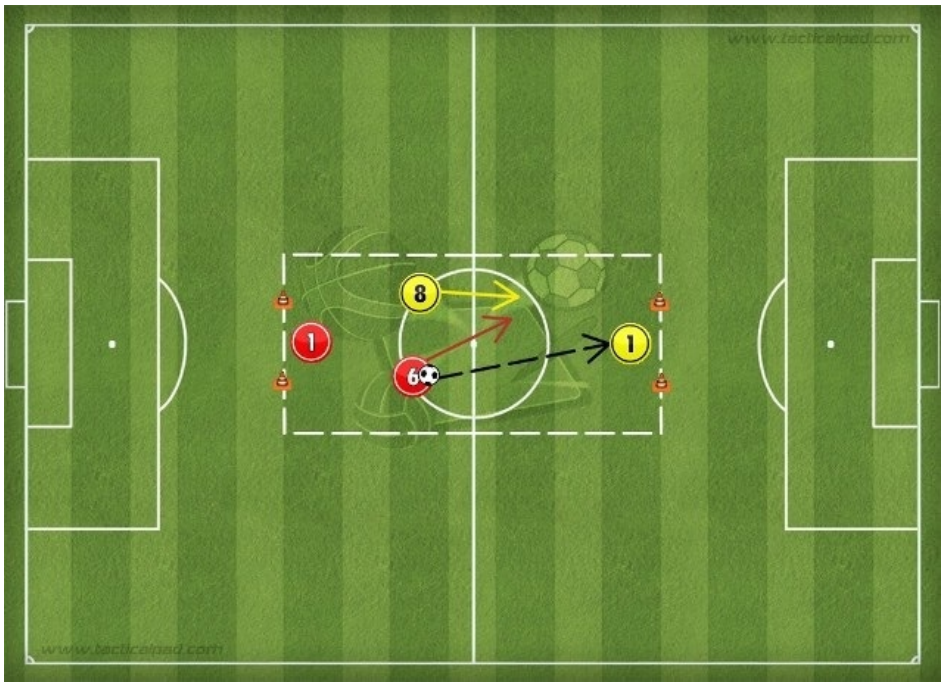


FIGURE 149 - DEFENSIVE ORGANIZATION: PUSH UPFIELD, REDUCE SPACES (FRIDAY)

8.9 SubPrinciple – “Prioritize Defensive Depth”

This SubPrinciple of the **3rd Defensive Phase – Prevent a Successful Finish** guides the players to drop back to track the potential penetrations of attackers who are looking for space behind the last line of defense.

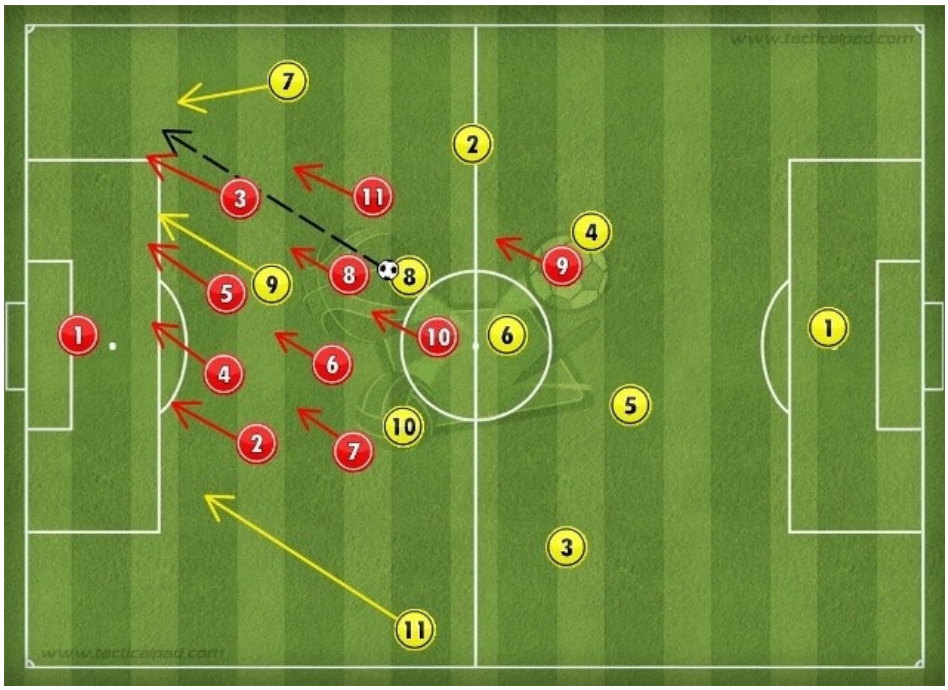


FIGURE 150 - DEFENSIVE ORGANIZATION: PRIORITIZE DEFENSIVE DEPTH

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 1v1 + an Offensive Joker. Exercise area 35 yards wide and of length from box to the edge of the center circle.

Description: From the center circle the yellow player passes the ball to the Joker and makes a run to space in the restricted area to receive a through pass from the Joker. The yellow player has to ensure he is not offside after leaving the center circle. After each delivery, the players return to the initial position during the pre-established time.

Scoring: If the yellow player receives the pass from the Joker in the restricted area, it scores a point. The red player scores a point if he intercepts the pass. The player who scores the most points in the pre-established time wins.

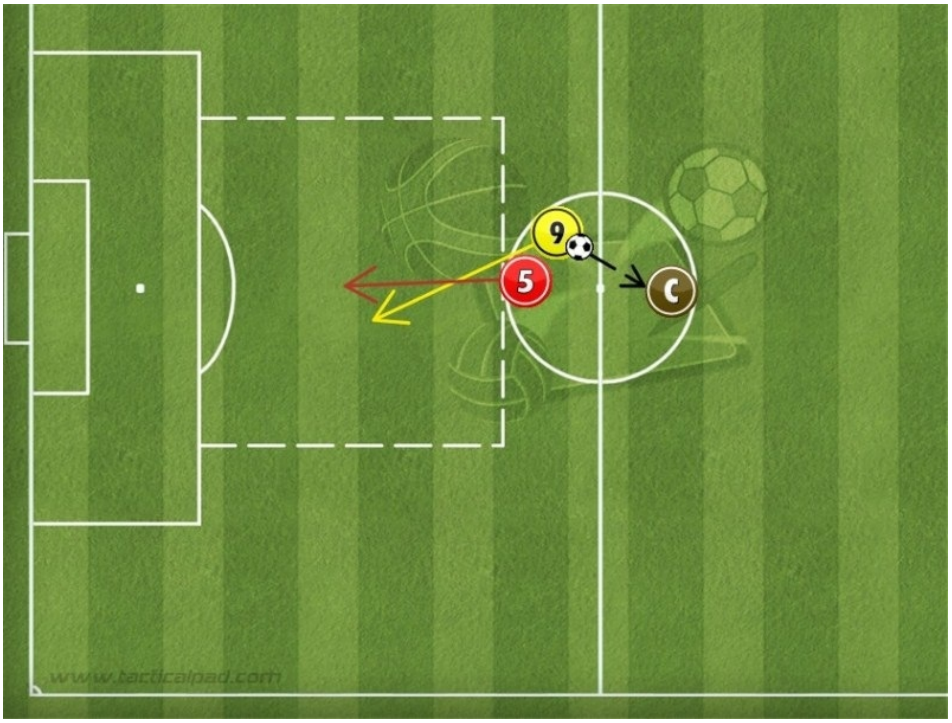


FIGURE 151 - DEFENSIVE ORGANIZATION: PRIORITIZE DEFENSIVE DEPTH (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. Game in a full field divided into 3 thirds.

Description: In the middle third, the players have a 10v10 game. Players can only move to the attacking third if they make a through pass to that space. Note: the ball must be in the attacking third for the attacking players to be in that space.

Scoring: Each goal is worth 2 points. A point is scored by the team that gets the ball from a through pass made into the attacking third. The team that scores the most points in the pre-established time wins.

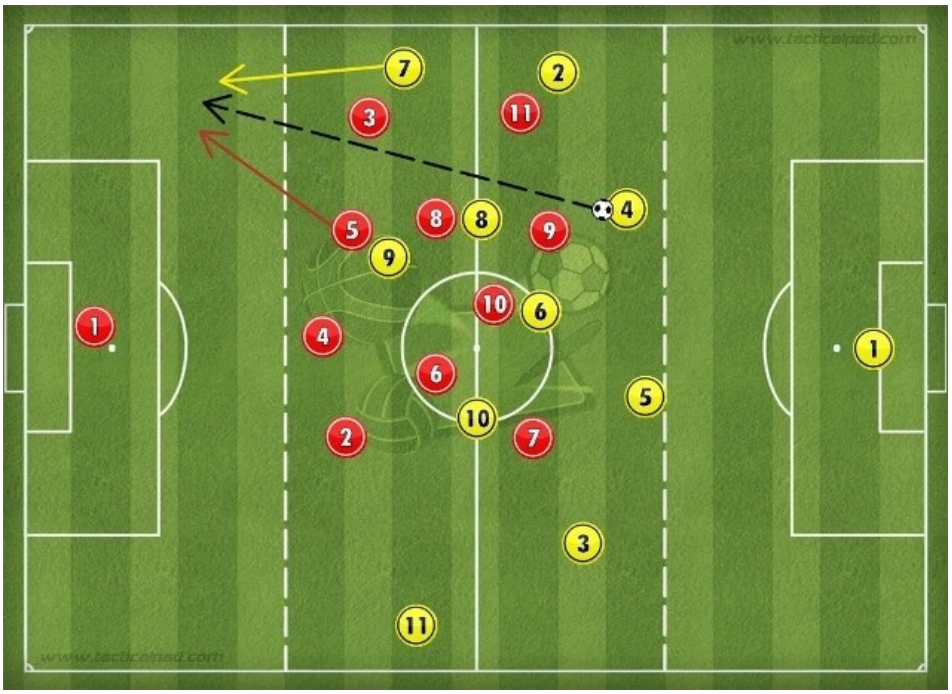


FIGURE 152 - DEFENSIVE ORGANIZATION: PRIORITIZE DEFENSIVE DEPTH (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: Keeper+1 v 1+Keeper. Exercise area is half field long and 35 yards wide with two full-size goals. There is a small restricted start-up area of 8x5 yards.

Description: Both yellow and red players start at the restricted area. The yellow Keeper plays the ball deep for his teammate's run who attempts to finish. If the red defender gains possession, he may score on yellow

Scoring: Each exercise lasts up to 10 seconds.

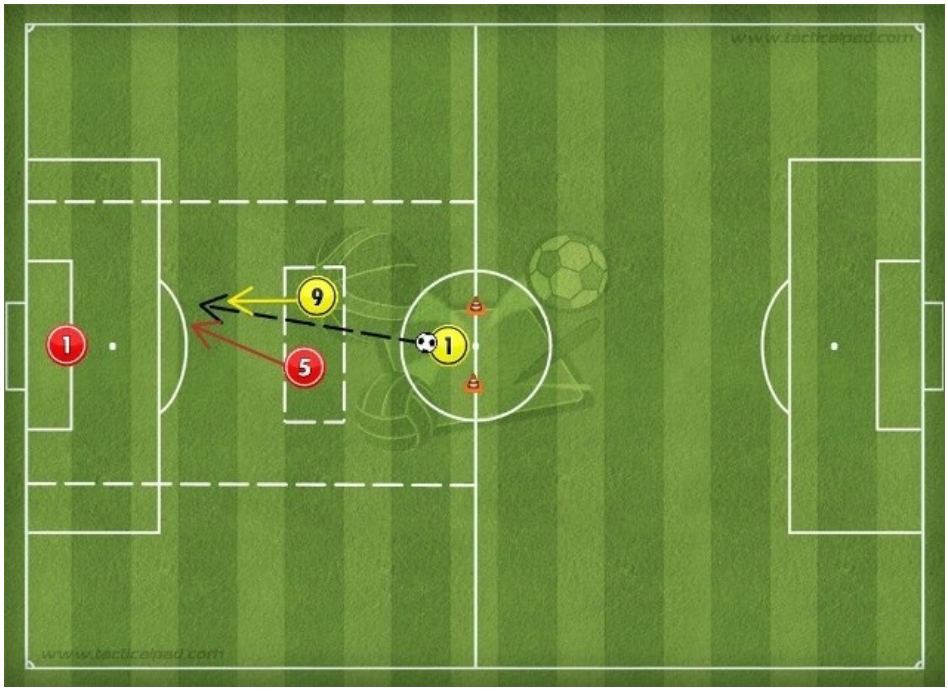


FIGURE 153 - DEFENSIVE ORGANIZATION: PRIORITIZE DEFENSIVE DEPTH (FRIDAY)

8.10 SubPrinciple – "Pressure the Ball Carrier with Defensive Coverage of 3"

This SubPrinciple of the **3rd Defensive Phase – Prevent a Successful Finish** coaches the players that when an opposing player carries the ball through the middle channel, one of the Center Backs comes out to contain and the remainder 3 backs provide Defensive Coverage by creating a 3-man defensive line. This should be the approach as well when the opponent plays a long ball.

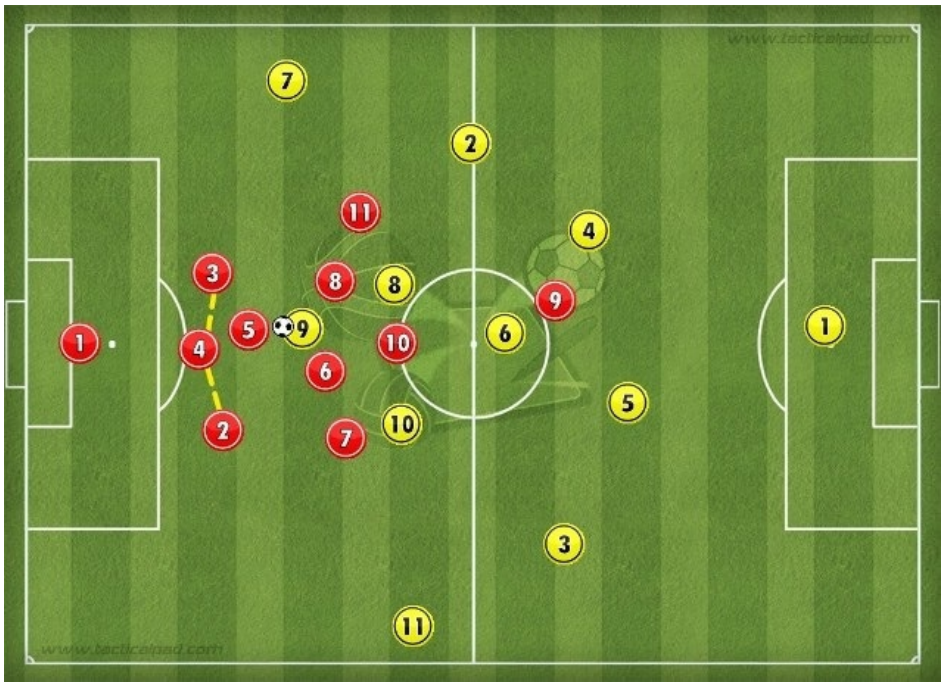


FIGURE 154 - DEFENSIVE ORGANIZATION: PRESSURE THE BALL CARRIER WITH DEFENSIVE COVERAGE OF 3

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: (1+3) v (1+3) + Keeper. 3/4 of the game field; restricted area 25x20 yards on half with a full-size goal made out of 2 cones. Players start as depicted.

Description: The yellow Keeper kicks a goal kick into the restricted area in opposite half where there is a teammate. A red player may challenge the yellow receiver by entering the restricted area. These two players repeat this situation during the pre-established time. After it ends they may switch with a teammate.

Scoring: If the yellow attacker is able to win the ball, he must pass it back to one of his teammates the team scores a point; if he is able to play it through the cones, yellow scores 2 points. If the red player is able to intercept the pass, his team wins a point; if he is able to then play the ball into the center circle, his team scores 2 points. The team that scores the most points wins.

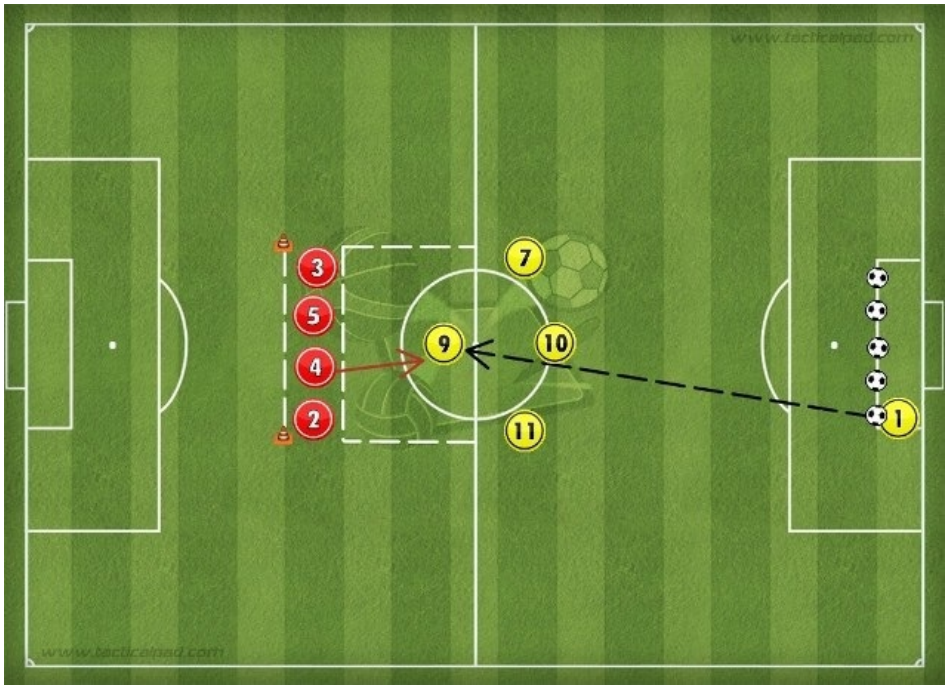


FIGURE 155 - DEFENSIVE ORGANIZATION: PRESSURE THE BALL CARRIER WITH DEFENSIVE COVERAGE OF 3 (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. The game is played in the full field. The field has a restricted area 25x20 yards on half with 2 cones set 25 yards wide set, 5 yards from the edge of the box. Players start as depicted.

Description: The yellow Keeper starts the game through a goal kick played into the restricted area where there is a teammate. As depicted in the opposite half, there can only be 4 red players and 3 yellow players. A red defender may enter the restricted area to win possession from yellow as soon as the yellow Keeper kicks it.

Scoring: Each goal is worth 3 points. If the yellow attacker is able to win the ball and pass it back to one of his teammates, the team scores a point; if he is able to play through the 2 cones behind the red defensive line for a teammate run, yellow scores 2 points. If the red player is able to intercept the pass, it wins a point; if he is able to then play the ball past the midfield to a teammate, the red team scores 2 points. Every time there is a stoppage, the exercise restarts with a goal kick. The team that scores the most points wins.

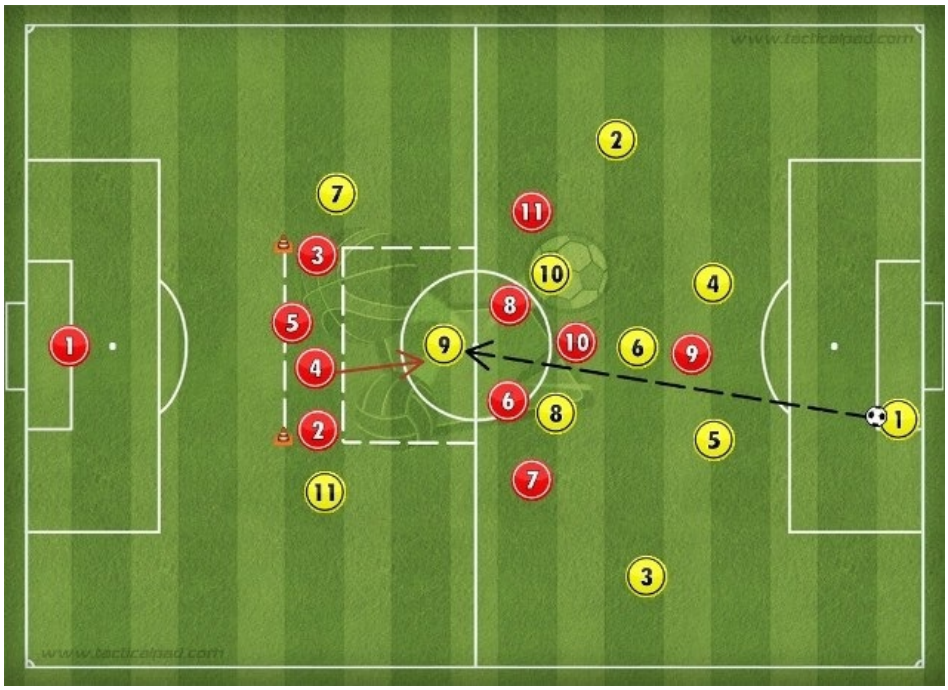


FIGURE 156 - DEFENSIVE ORGANIZATION: PRESSURE THE BALL CARRIER WITH DEFENSIVE COVERAGE OF 3 (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: Keeper+3 v 3+Keeper. 60x40 yards exercise area with full-size goals as depicted. Two blue cones set just past the center circle on red's half.

Description: The Keeper punts/delivers the ball in the air towards the Center Forward who runs back from the opponent's half to his own in the center circle. The Center Forward, pressured by the opposing Center Back, heads the ball into space behind the blue cones for one of his wingers who is challenged by the Outside Backs. If the attackers get the ball in the space behind the cones and the line of the defense, they must finish; alternatively, if the defenders win possession they must progress towards the opponent's goal to score.

Scoring: Each situation lasts up to 10 seconds.

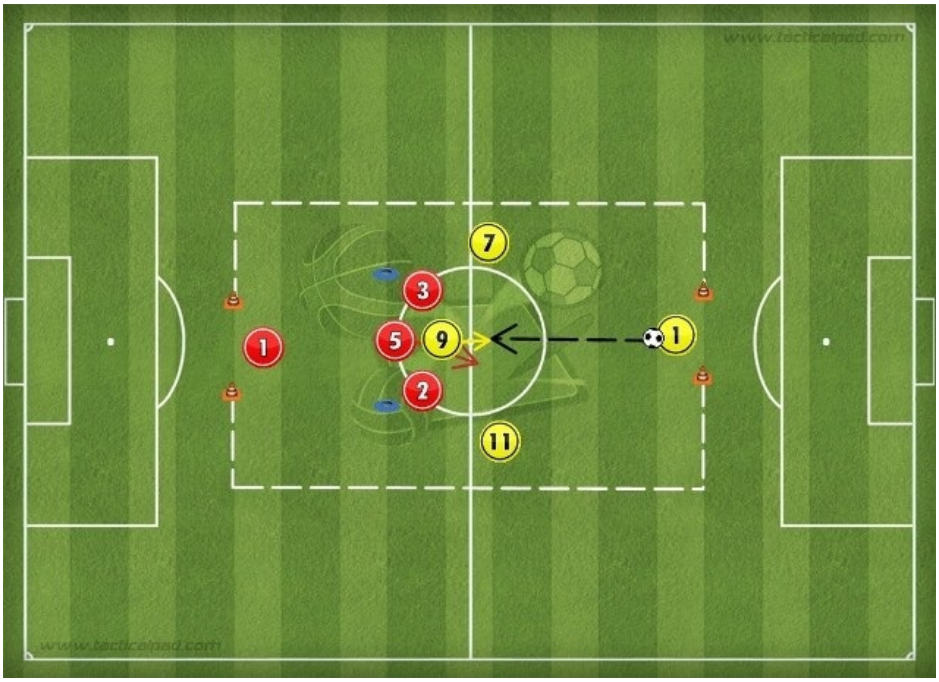


FIGURE 157 - DEFENSIVE ORGANIZATION: PRESSURE THE BALL CARRIER WITH DEFENSIVE COVERAGE OF 3 (FRIDAY)

8.11 SubPrinciple – "To Occupy by Anticipation the Privileged Finishing Zones"

This SubPrinciple of the **3rd Defensive Phase – Prevent a Successful Finish** guides the players to prevent the opponents from taking over the privileged finishing spaces.

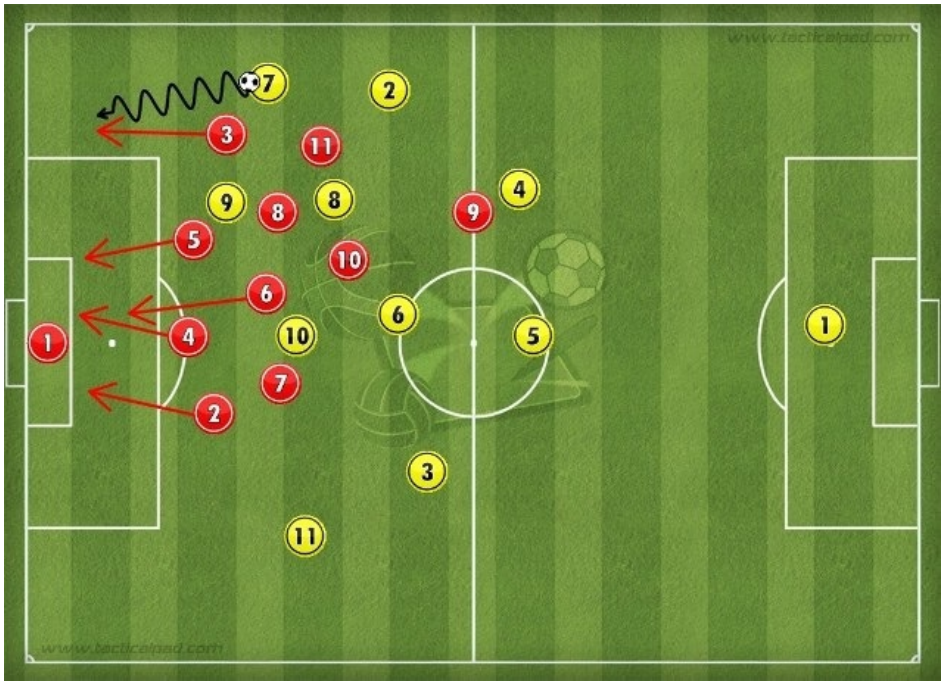


FIGURE 158 - DEFENSIVE ORGANIZATION: TO OCCUPY BY ANTICIPATION THE PRIVILEGED FINISHING ZONES

Wednesday – <u>Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction</u>:

<u>Organization</u>: 3 mini-goals + (4+2) v 4+Keeper. The field space is equivalent to 2 boxes as depicted, plus the two corners closer to the full-size goal. Two privileged zones are marked: 8x5 yards and 25x5 yards (closer to the goal straddling the small box).

<u>Description</u>: The attacking team has six players: four players in the game space plus two players in the corners to cross the ball; the four defensive players face the attackers first in the game space plus a Keeper minding the full-size goal. The game starts by an attacker playing the ball to one of the wide players who in turn will cross into the restricted privileged areas in the box. If the defenders win possession, they can quickly try to score in one of the 3 mini-goals. Anytime there is stoppage, the exercise restarts until the predetermined time expires.

<u>Scoring</u>: A goal by the attacking team is only valid if scored from the restricted areas. The team that scores the most goals wins.

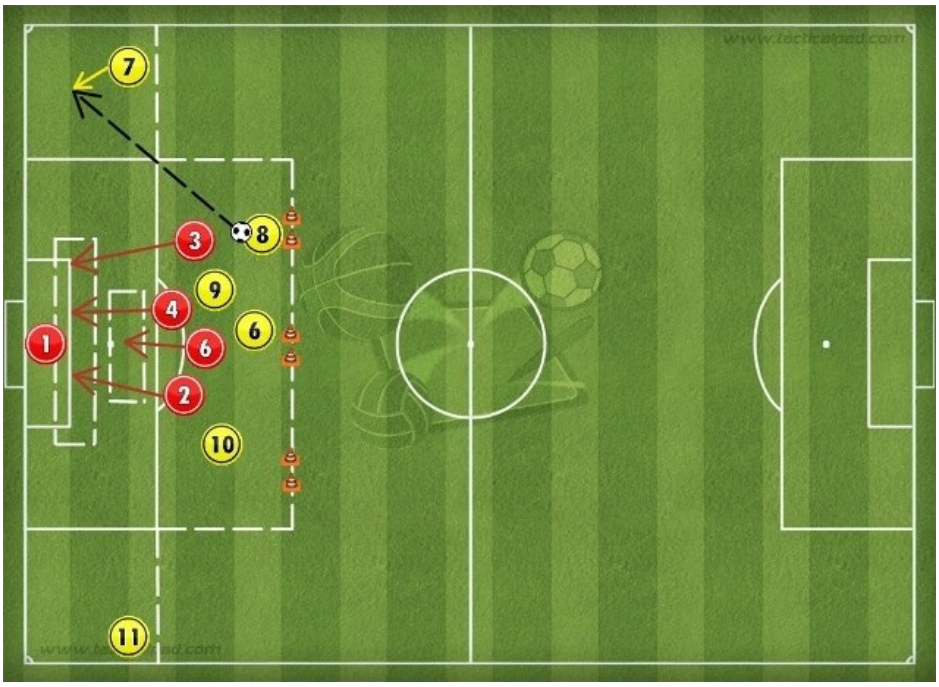


FIGURE 159 - DEFENSIVE ORGANIZATION: TO OCCUPY BY ANTICIPATION THE PRIVILEGED FINISHING ZONES (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 (2) v 10 (2)+Keeper. Each team has two supporting players (Wingers or Outside Backs) in the attacking third corners as depicted. Each box has 3 restricted scoring areas roughly 5 yards deep and 8 and 15 and 25 yards wide respectively.

Description: The corner attackers are responsible for making the crosses for the players in the field to score. The ball should reach the corners quickly since a goal, to be valid, requires a cross from the corner players and a shot from one of the restricted areas in the attacking box – the privileged finishing zones.

Scoring: The team that wins the most goals in the pre-established time wins.

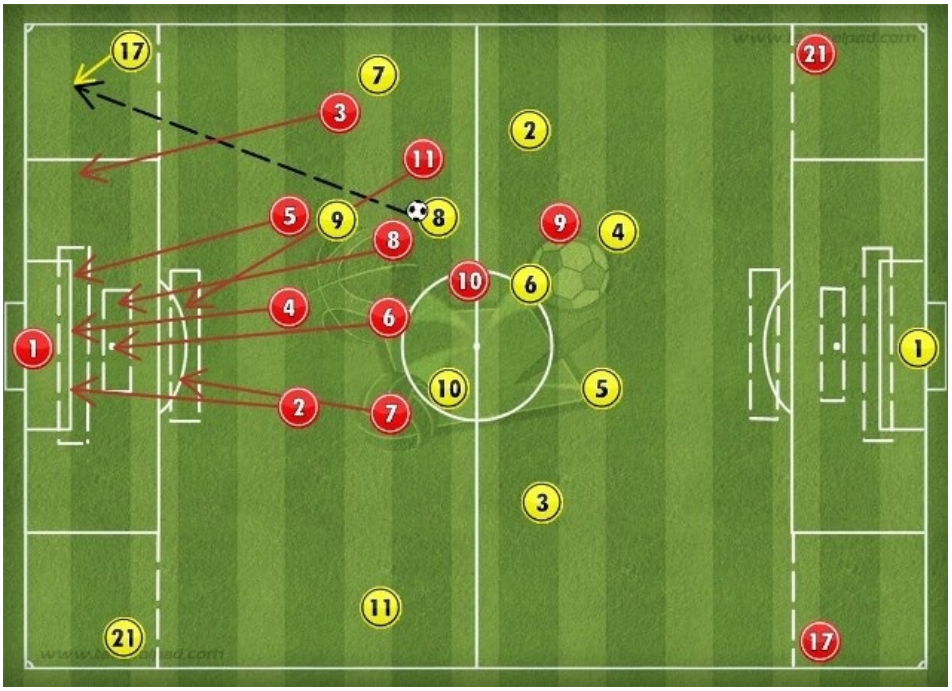


FIGURE 160 - DEFENSIVE ORGANIZATION: TO OCCUPY BY ANTICIPATION THE PRIVILEGED FINISHING ZONES (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: 4 v 4+Keeper. Half field as depicted; service zone in the corner. Two privileged zones are marked: 8x5 yards and 25x5 yards (closer to the goal straddling the small box).

Description: At the coach's signal as to who makes a diagonal pass into the restricted zone, the Winger tries to get the ball before the red Outside Back to execute a cross to be finished by one of his three teammates: Center Mid, Winger, and Center Forward. These players must finish from the favorable finishing zones, while facing the opposing three defenders: Center Back, Outside Back, and Center Mid. If the defending team wins possession, it must pass to the Coach.

Scoring: The attacking team has up to 10 seconds to score; a goal is only valid if the ball is received from a cross and struck from inside the restricted zones.

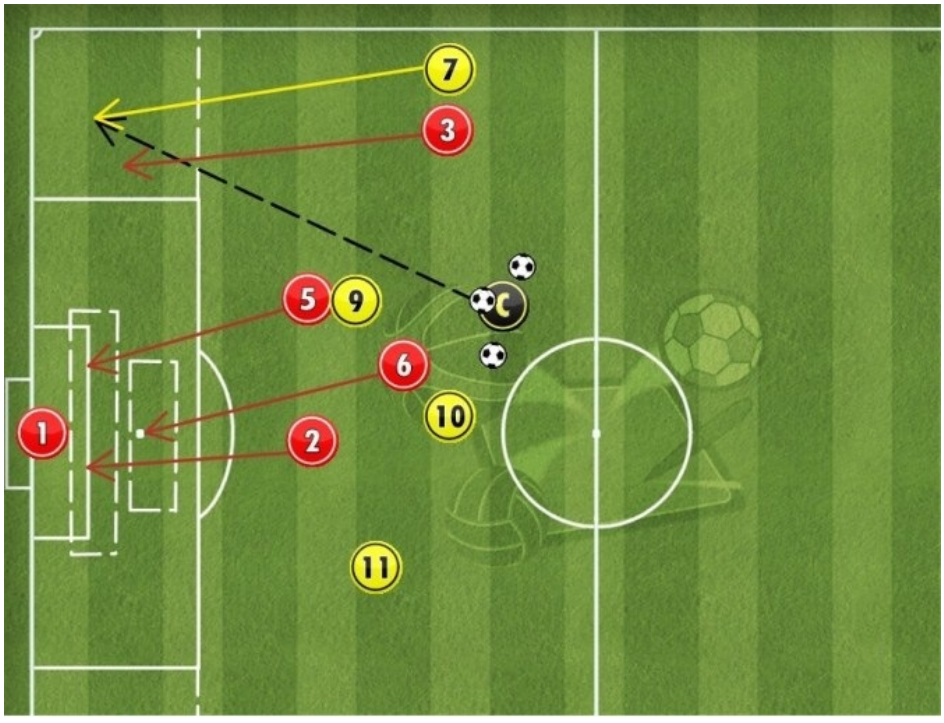


FIGURE 161 - DEFENSIVE ORGANIZATION: TO OCCUPY BY ANTICIPATION THE PRIVILEGED FINISHING ZONES (FRIDAY)

8.12 SubPrinciple – "To Win the 2nd Balls"

This SubPrinciple of the **3rd Defensive Phase – Prevent a Successful Finish** guides the players to prevent the opponents from having attacking/finishing opportunities by focusing on winning 2nd balls. The players must demonstrate a great attitude and a will to win the loose balls.

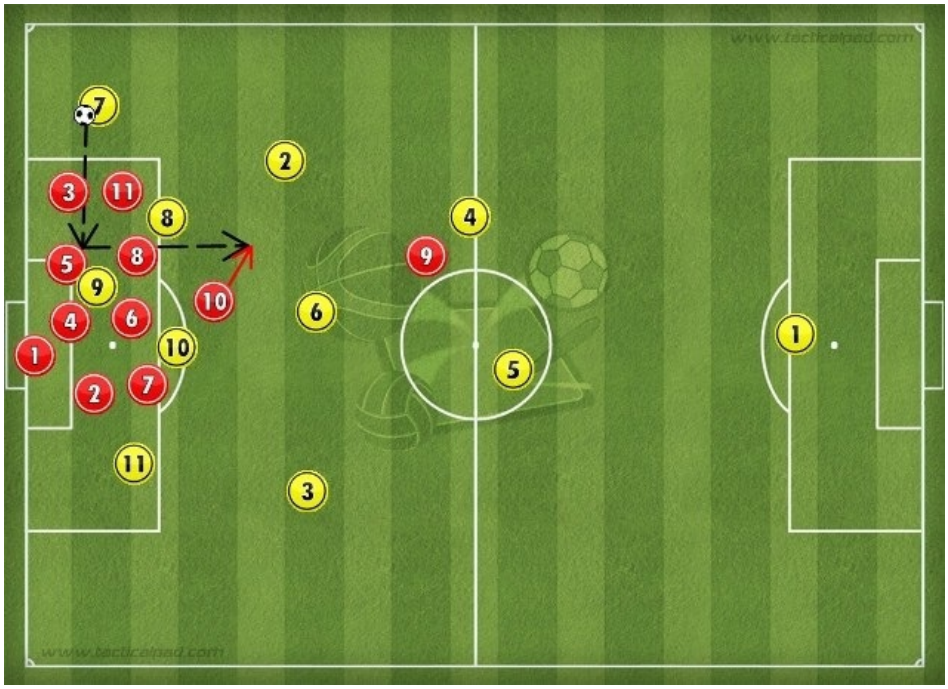


FIGURE 162 - DEFENSIVE ORGANIZATION: TO WIN THE 2ND BALLS

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 2 mini-goals + 1 v 1 +2 mini-goals with two additional players to start the game situation. 25x15 yards restricted area in front of box as depicted.

Description: The exercise starts with a yellow throw-in near the red box to the red Center Back who is in the box. The red Center Back sends the ball to the restricted area so that the players in a 1v1 situation try to score in one of the opponent's mini-goals. The red player defends the mini-goals on the edge of the box. If there is a stoppage, the situation restarts from the throw-in until the duration time expires.

Scoring: The player that scores the most goals wins.

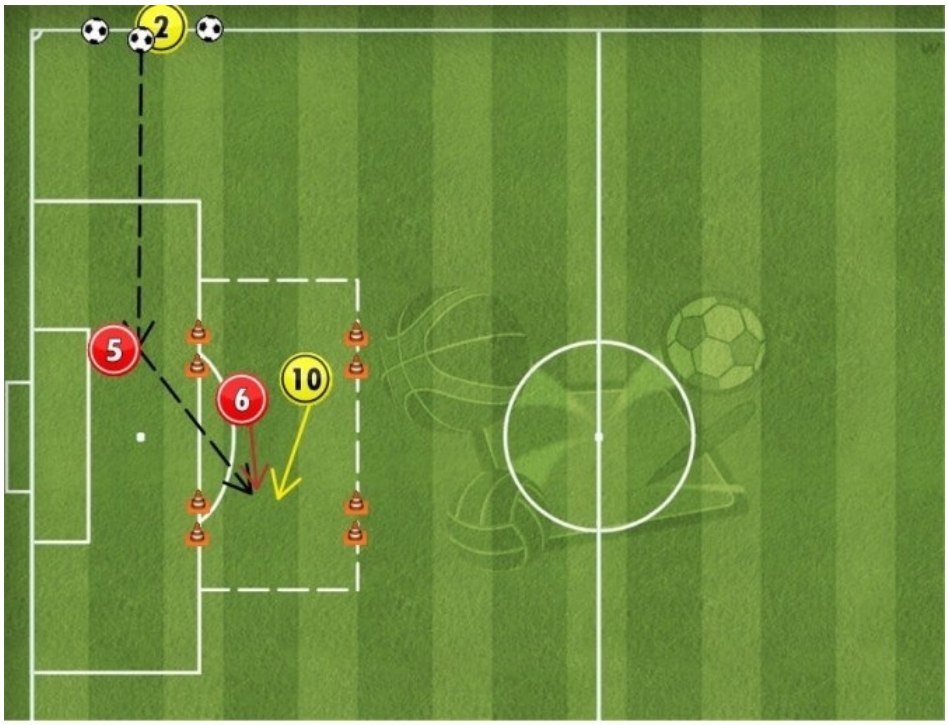


FIGURE 163 - DEFENSIVE ORGANIZATION: TO WIN THE 2ND BALLS (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. Use the full field plus set up to restricted areas contiguous to the boxes of 44x10 yards.

Description: The game starts with a throw-in from near the red team's box into the area. If the ball is knocked into the restricted area in front of the box, the team of the player that wins possession scores a point. Once the ball is played out from the throw-in, the game is played normally. If there is a stoppage, the game restarts near the box of the team that lost possession.

Scoring: Each goal is worth 2 points. The team that wins the ball in the restricted area scores a point. The team that scores the most points in the predetermined time wins.

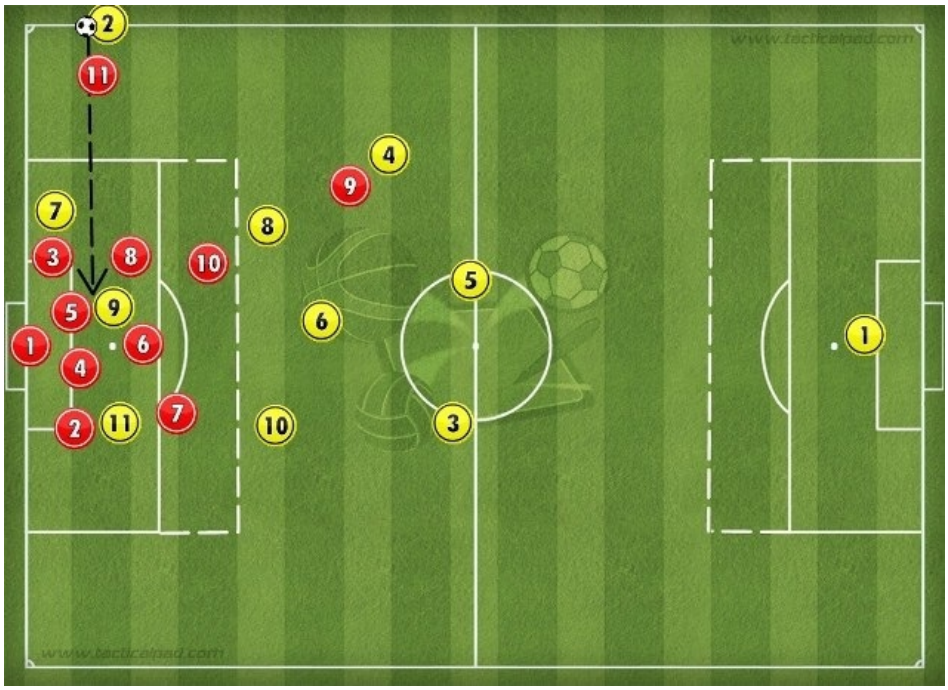


FIGURE 164 - DEFENSIVE ORGANIZATION: TO WIN THE 2ND BALLS (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: Keeper + 2 v 2 + Keeper. In one half-field two boxes: one 44x10 yards, and another ending with a line tangent to the center circle on the playing half also 44 yards wide. Two full-size goals, one placed at the edge of the center circle as depicted.

Description: The game situation starts with a throw-in by a yellow player near the red box to the red team's Center Back who is in his own box. A player from red and a player from yellow are in the restricted area just connected to the red box. The Center Back knocks the ball into the restricted space contiguous to the big box. The player that wins possession tries with his team to score. Each situation lasts 10 seconds.

Scoring: The team that scores the most points within 10 seconds wins.

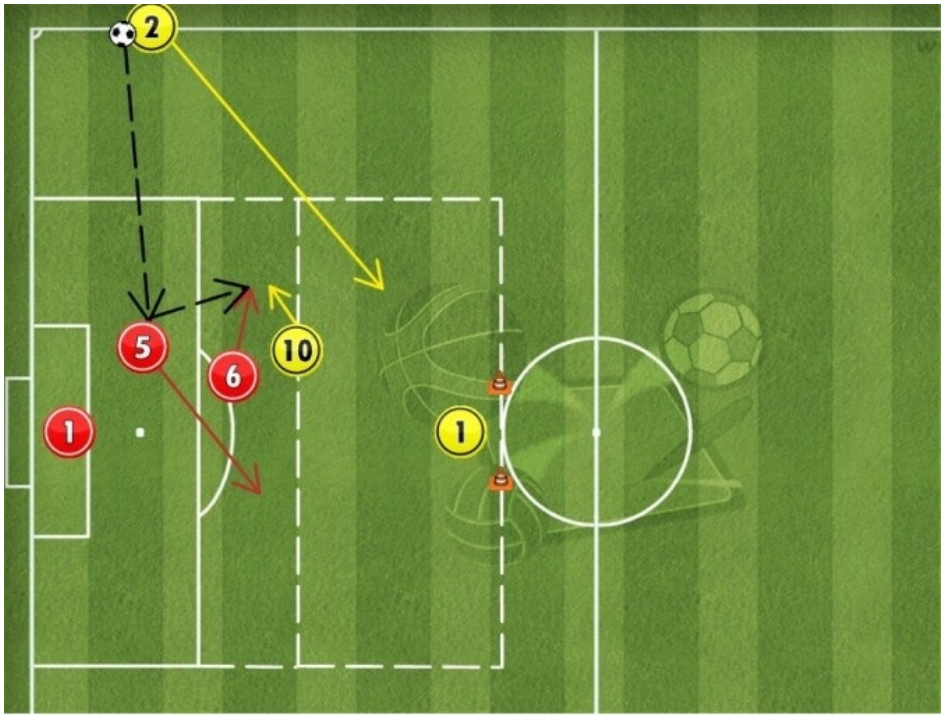


FIGURE 165 - DEFENSIVE ORGANIZATION: TO WIN THE 2ND BALLS (FRIDAY)

9. Offensive Transition

All the SubPrinciples presented in this section with the respective exercises must always consider the **MacroPrinciple** in this Moment "**Take Advantage of the Defensive Disorganization of the Opponent to Score".**

9.1 SubPrinciple – “Very Strong and Aggressive Rapid Change of Mental Attitude from Defensive to Offensive”

This SubPrinciple guides the players to be prepared for at any moment to switch their defensive posture to an offensive one. The team must be able to:

- move the ball from where it was recovered by carrying it or through a pass to take advantage of momentary defensive disorganization of the opponent;
- also be able to recover rapidly the offensive positional balance and create a Big Field;

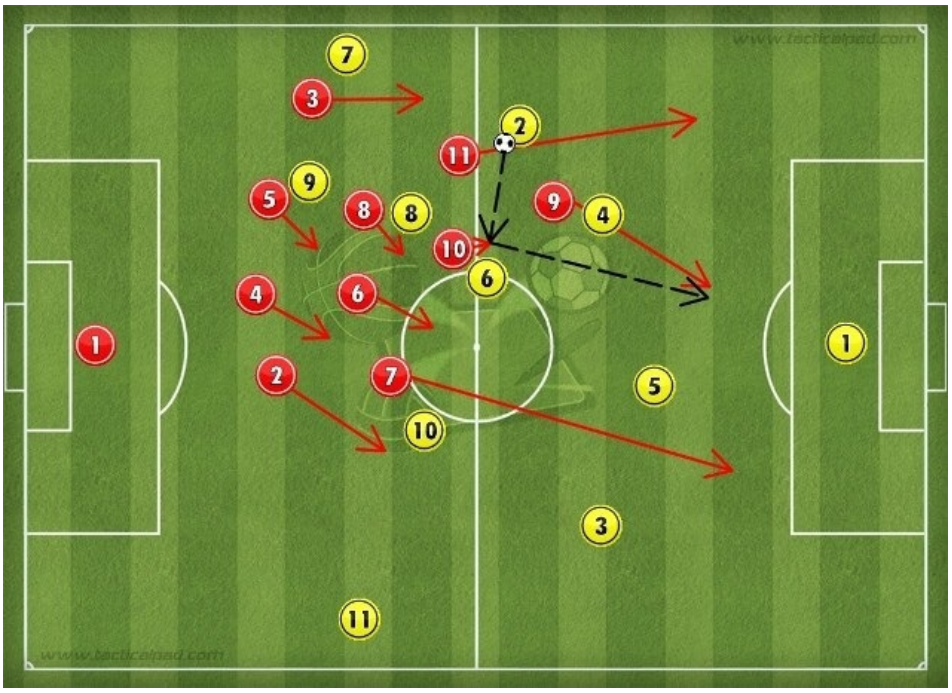


Figure 166 - Offensive Transition: Very Strong and Aggressive Rapid Change of Mental Attitude from Defensive to Offensive

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: Six mini-goals and 7 v 4. Mini-goals around a big circle about 5 yards from the center circle line and spread evenly.

Description: The yellow team positions six players outside the center circle and one inside. The objective is for yellow to circulate the ball and achieve 10 consecutive passes while the red team, who has four players inside the center circle, tries to win possession and score in one of the mini-goals. This situation demands very strong and aggressive transitions from both teams.

Scoring: Each 10 consecutive passes is worth a point. Each goal in a mini-goal is worth a point. The team that has the most points in the pre-established time wins.

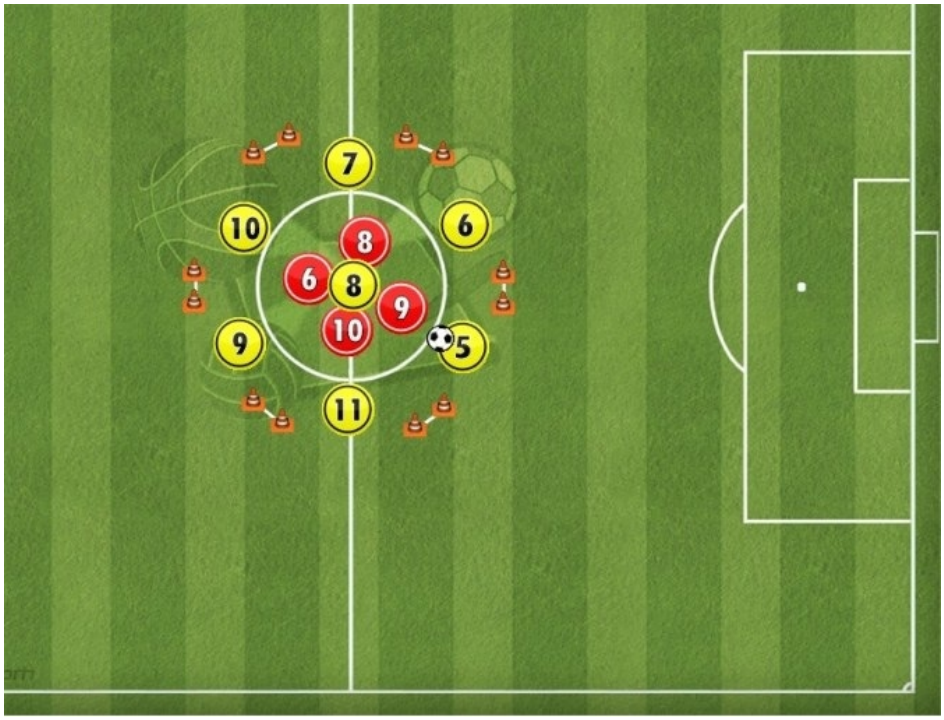


FIGURE 167 – OFFENSIVE TRANSITION: VERY STRONG AND AGGRESSIVE RAPID CHANGE OF MENTAL ATTITUDE FROM DEFENSIVE TO OFFENSIVE (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. Box-to-box field, full width, divided into six zones with the central zone being 35 yards wide.

Description: Anytime a player gains possession in one of the zones, he must move the ball out of that zone either by playing it or by carrying it.

Scoring: Each goal is worth two points. Moving the ball out of the zone where possession was won is worth a point. The team that has the most points at the end of the predetermined time wins.

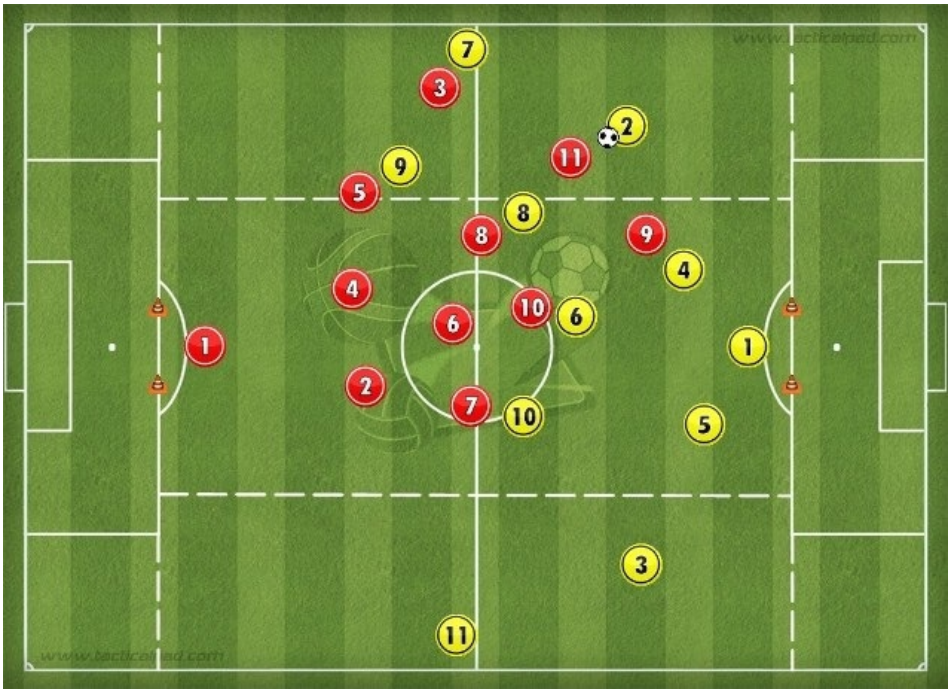


FIGURE 168 - OFFENSIVE TRANSITION: VERY STRONG AND AGGRESSIVE RAPID CHANGE OF MENTAL ATTITUDE FROM DEFENSIVE TO OFFENSIVE (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: Keeper +3 v (2+2). In the half-circle there is a game of 3 yellow v 2 red. Half field with a Keeper in the full-size goal. Two five-by-five-yard boxes straddling the midfield.

Description: The two red players try to win possession and immediately make a pass to one of the red wingers positioned outside the circle. Red may then try to score in the full-size goal in a game of Keeper+3 yellow v 4 red within 10 seconds.

Scoring: A point is scored by the yellow team for each 10 consecutive passes. A goal is worth two points. The team that scores the most points in the pre-established time wins.

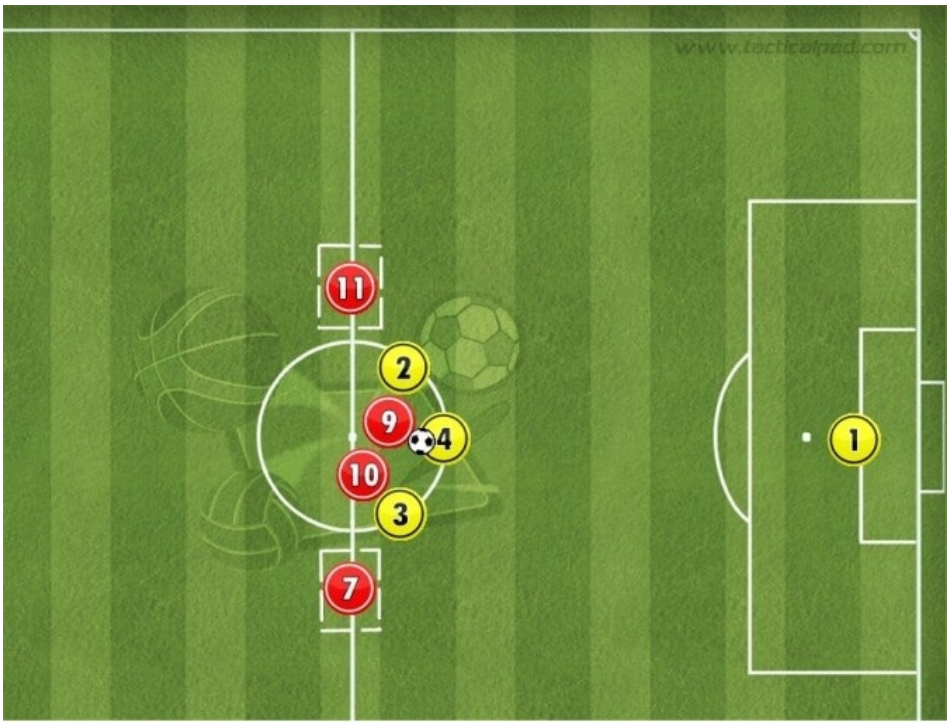


FIGURE 169 - OFFENSIVE TRANSITION: VERY STRONG AND AGGRESSIVE RAPID CHANGE OF MENTAL ATTITUDE FROM DEFENSIVE TO OFFENSIVE (FRIDAY)

9.2 SubPrinciple – “Occupy Quickly the Three Field Channels”

This SubPrinciple requires that **when the ball is recovered, all channels must be occupied quickly to facilitate the offensive transition**. The lateral channels must be preferably occupied by the Wings or by the Outside Backs when the Wings carry the ball or progress without the ball through the central channel. The central channel must be occupied by the Center Forward and the Attacking Mid.

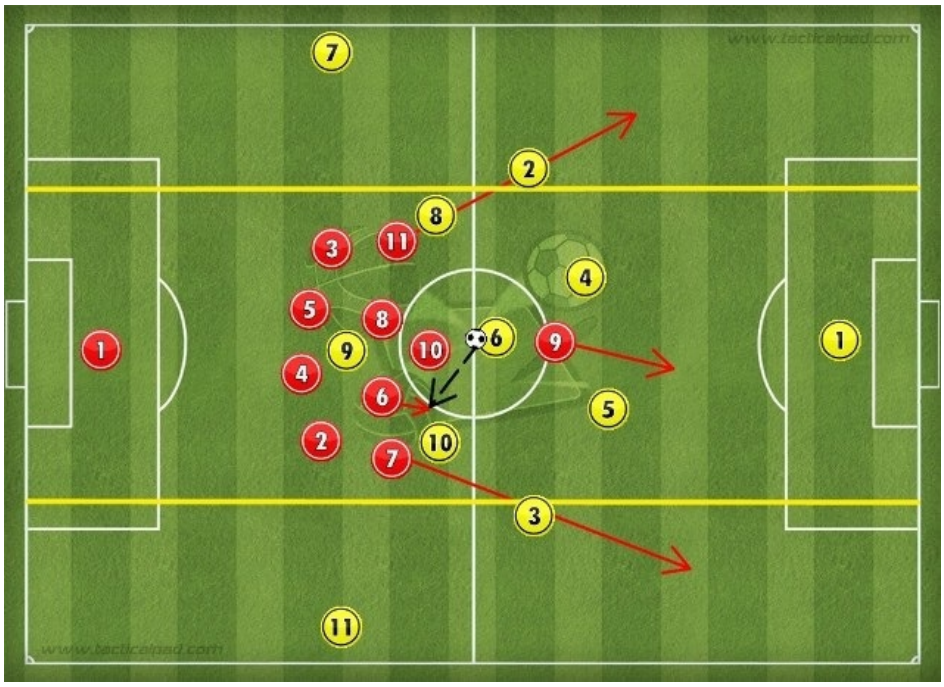


FIGURE 170 - OFFENSIVE TRANSITION: OCCUPY QUICKLY THE THREE FIELD CHANNELS

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 5 v 4. Two 10x15 restricted areas divided into 3 boxes as depicted.

Description: The yellow team has 4 players on the outside of the center circle and one inside with the intent to make the most consecutive passes possible. The red team, who has 4 players, tries to win possession. The ball carrier immediately tries to play it to one of his teammates who quickly positions himself in one of the three channels as depicted. If red scores, the situation restarts until the time expires.

Scoring: Per 10 consecutive passes the yellow team scores a point. The red team scores a point if a pass is made to a red player inside the box assuming all players are in all three boxes. The team that scores the most points within the predetermined time wins.

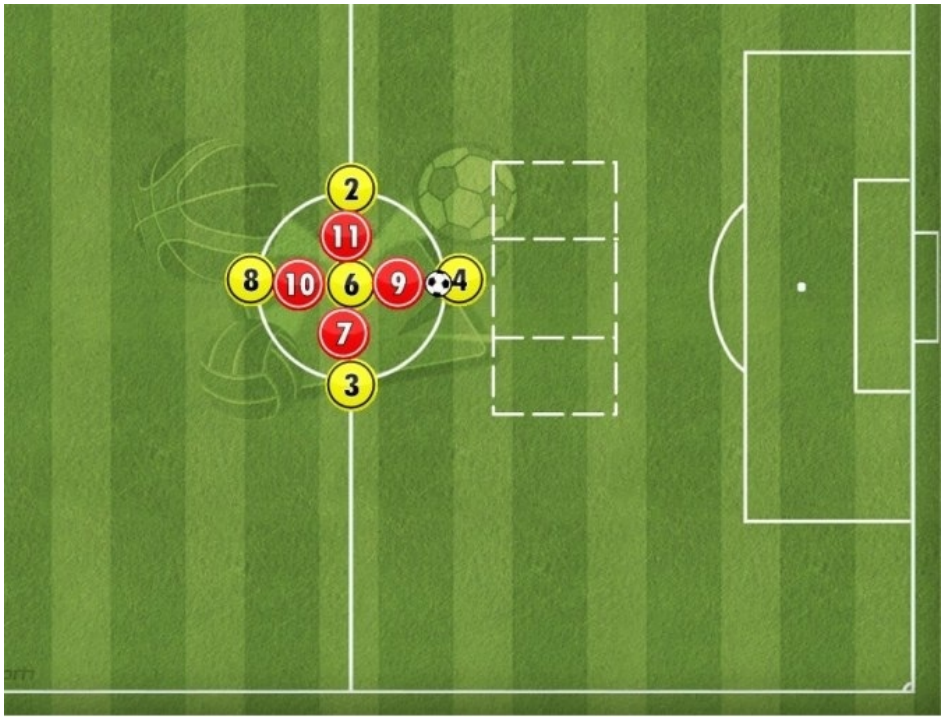


FIGURE 171 - OFFENSIVE TRANSITION: OCCUPY THE THREE FIELD CHANNELS (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. The middle third has two horizontal lines, 25 yards from middle field, and no lines parallel to the side lines. The balance of the field is divided into three channels with the center channel being 35 yards wide.

Description: The teams play a game inside the middle third. Once a team in possession is able to cross the middle third line of the opponent with the ball under control, the ball carrier may service any of the teammates who ran into the three channels. Note: the offside rule is enforced.

Scoring: The team that scores the most goals in the predetermined time wins.

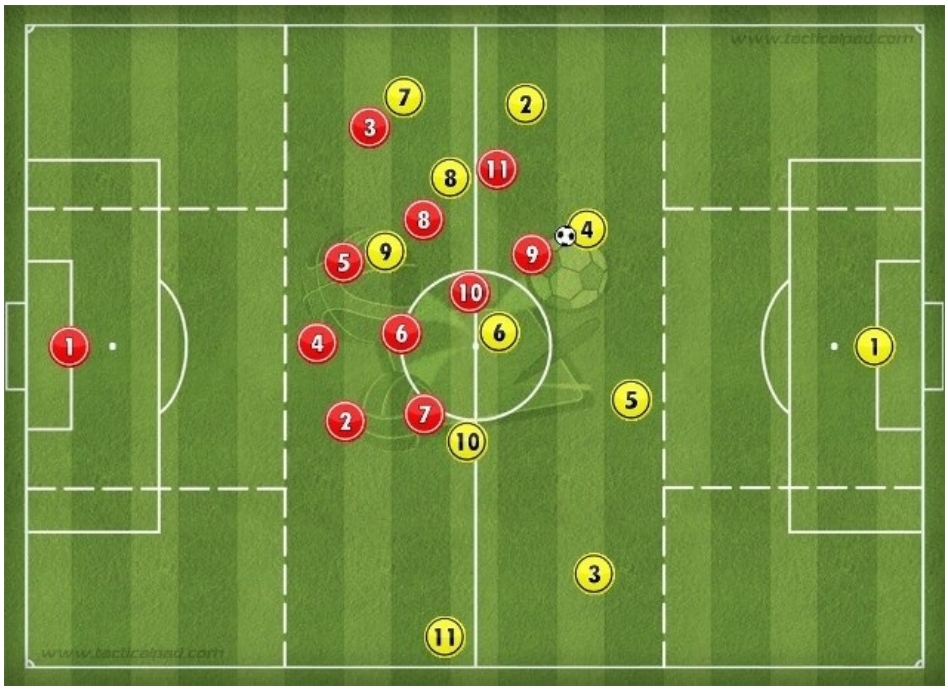


FIGURE 172 - OFFENSIVE TRANSITION: OCCUPY THE THREE FIELD CHANNELS (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: 5x4. Restricted area is 35 yards wide and from the end line to the edge of the center circle with three equivalent width channels.

Description: The yellow team has 4 players on the outside of the center circle and one inside with the intent to make the most consecutive passes possible. The red team, who has 4 players, tries to win possession. The ball carrier immediately tries to play it to one of his teammates who quickly positions himself in one of the three channels as depicted. The red team has up to 10 seconds to score a goal.

Scoring: The yellow team scores a point per ten consecutive passes in the time established. The red team scores 2 points for each goal. The team that scores the most points in the pre-established time wins.

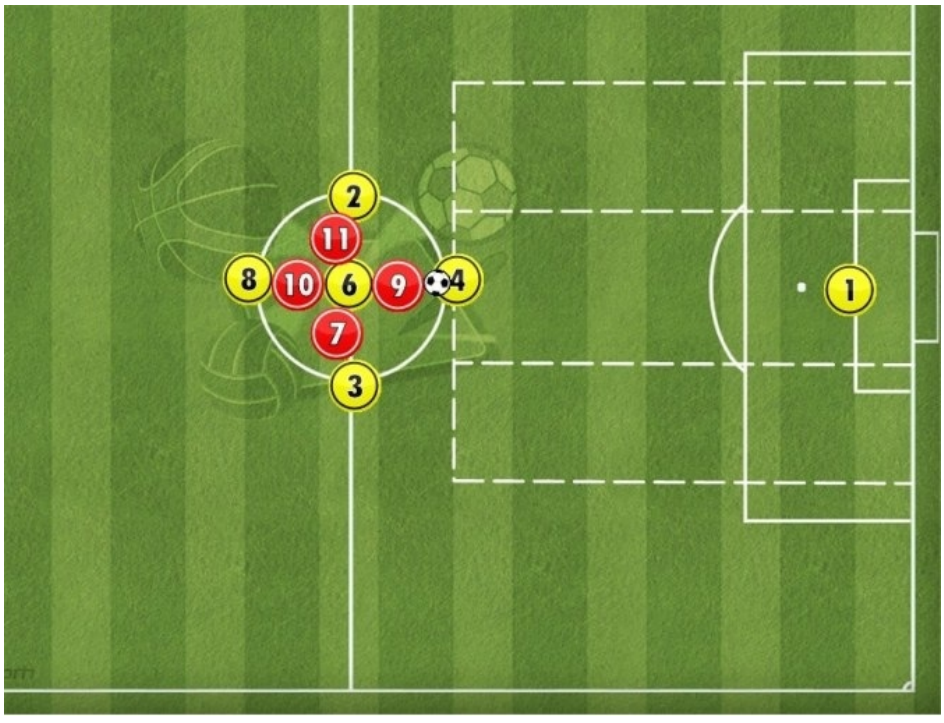


FIGURE 173 - OFFENSIVE TRANSITION: OCCUPY THE THREE FIELD CHANNELS (FRIDAY)

9.3 SubPrinciple – "When the Ball is Recovered, try to get it rapidly in the Central Channel with the Attacking Mid or the Center Forward"

This SubPrinciple points out that **the ball delivery in good conditions to the players placed in the central channel**, e.g. Attacking Mid or Center Forward, is fundamental to unbalance the opponent. From the central channel, the team can easily place the ball in any of the lateral channels where there are free spaces from opponents' pressure. If any of the receiving players are unable to turn, they can pass the ball to one of the Center Mids who in turn will place with a teammate in good position to receive the ball.

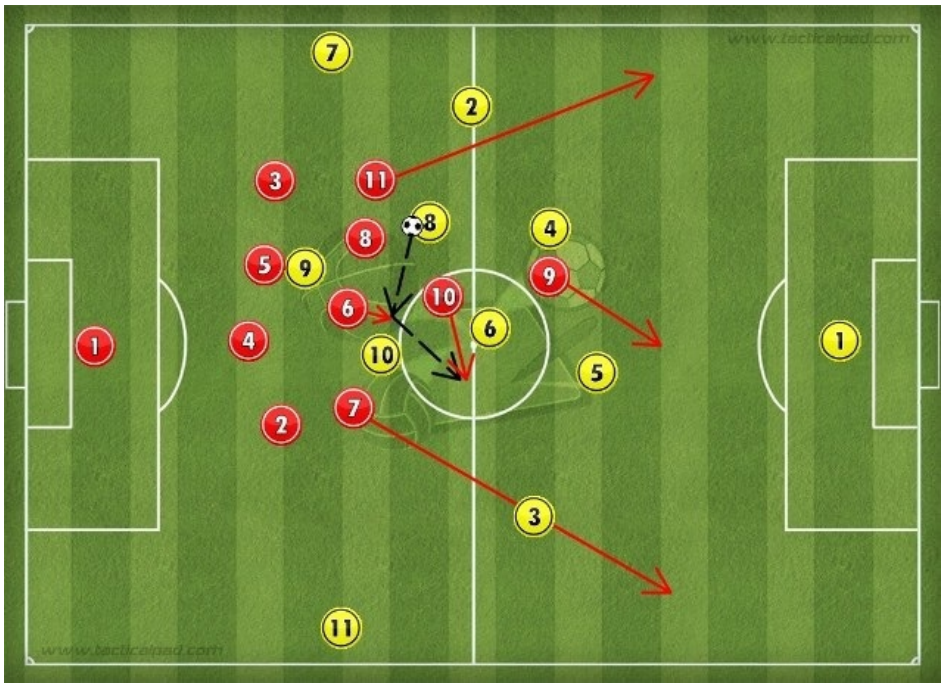


FIGURE 174- OFFENSIVE TRANSITION: WHEN THE BALL IS RECOVERED, TRY TO GET IT RAPIDLY IN THE CENTRAL CHANNEL WITH THE ATTACKING MID OR THE CENTER FORWARD

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 2 mini-goals + (4+1) v 4. Two boxes: one contiguous to the big box 35x15 yards and a second one a few yards up that are 25x5 yards as depicted.

Description: A 4v4 game occurs in the larger restricted box. The yellow team starts with possession and tries to score in two mini-goals defended by the red team. The red team tries to win possession and, upon doing so, immediately services the red Center Mid. Anytime there is a stoppage the exercise restarts until the time expires.

Scoring: If the red team passes the ball to the Center Mid, it scores a point. The team that scores the most goals/points wins.

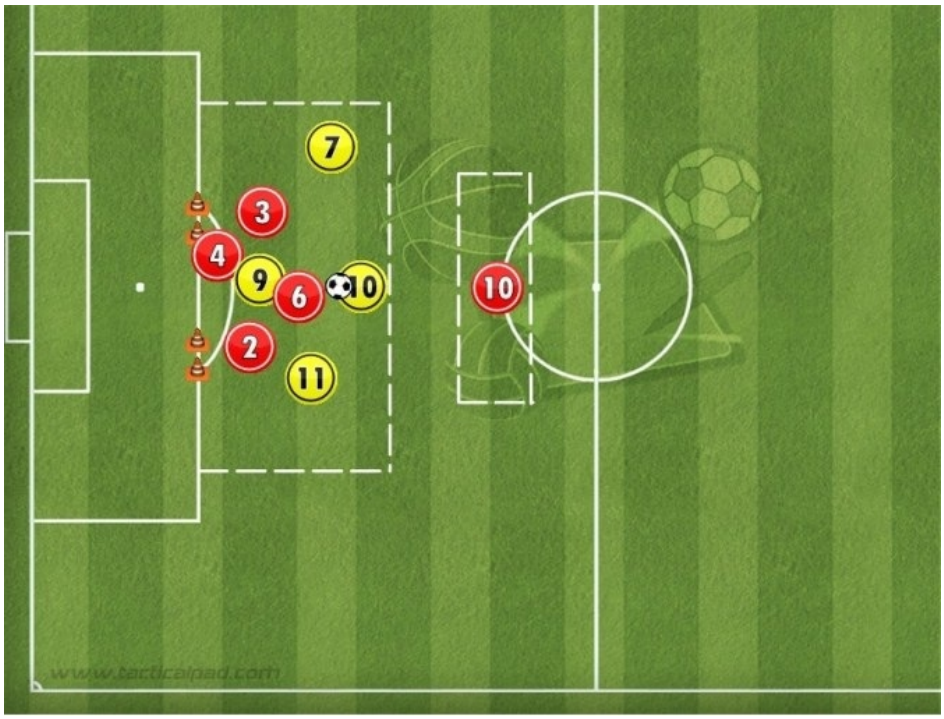


FIGURE 175 - OFFENSIVE TRANSITION: WHEN THE BALL IS RECOVERED, TRY TO GET IT RAPIDLY IN THE CENTRAL CHANNEL WITH THE ATTACKING MID OR THE CENTER FORWARD (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+9 v 9+Keeper with a Joker for the Offensive Transition. The field is box-to-box in length and full width with full-size goals. The Joker is always placed in the center circle.

Description: Anytime the ball is won, the players of the team who won possession must try to deliver it to the Joker for the Offensive Transition.

Scoring: Every time a team passes to the Joker, the team scores a point. Each goal is worth 2 points. The team that scores the most points in the pre-established time wins.

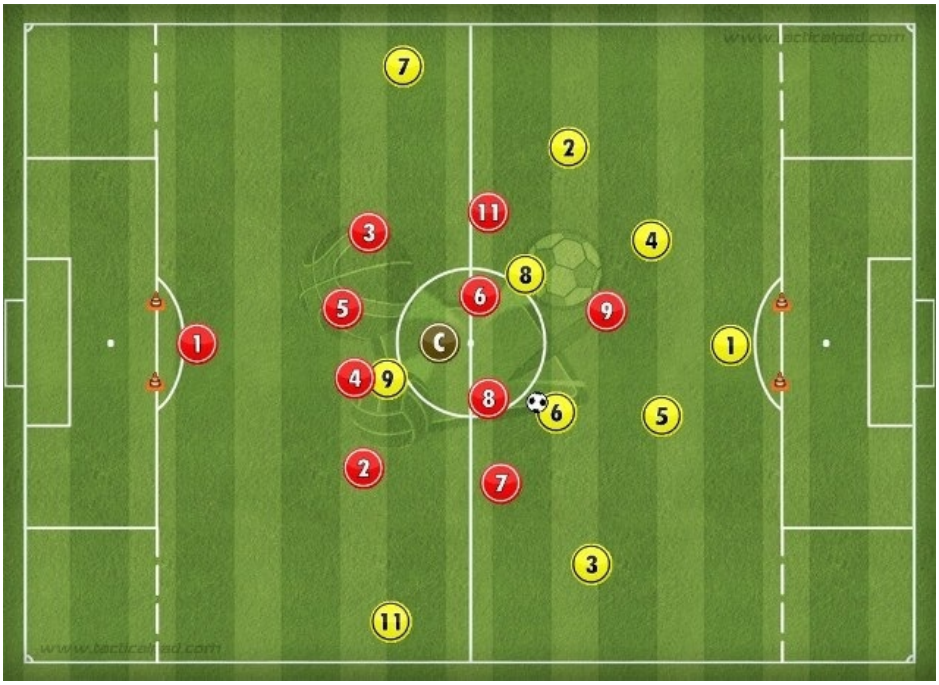


FIGURE 176 - OFFENSIVE TRANSITION: WHEN THE BALL IS RECOVERED, TRY TO GET IT RAPIDLY IN THE CENTRAL CHANNEL WITH THE ATTACKING MID OR THE CENTER FORWARD (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: 4 v (3+1). Exercise area includes the center circle extending to the goal in one half 20 yards wide.

Description: The exercise starts with a 4v3 in the center circle. The yellow team circulates the ball attempting to make the most consecutive passes possible in the center circle. The red team tries to win possession from yellow and then looks to pass it to the Center Forward who is in the 20x5-yards space. Once the Center Forward receives the ball, his team has up to 10 seconds to score.

Scoring: The yellow team scores a point every time they string 10 consecutive passes. The team that scores the most points wins.

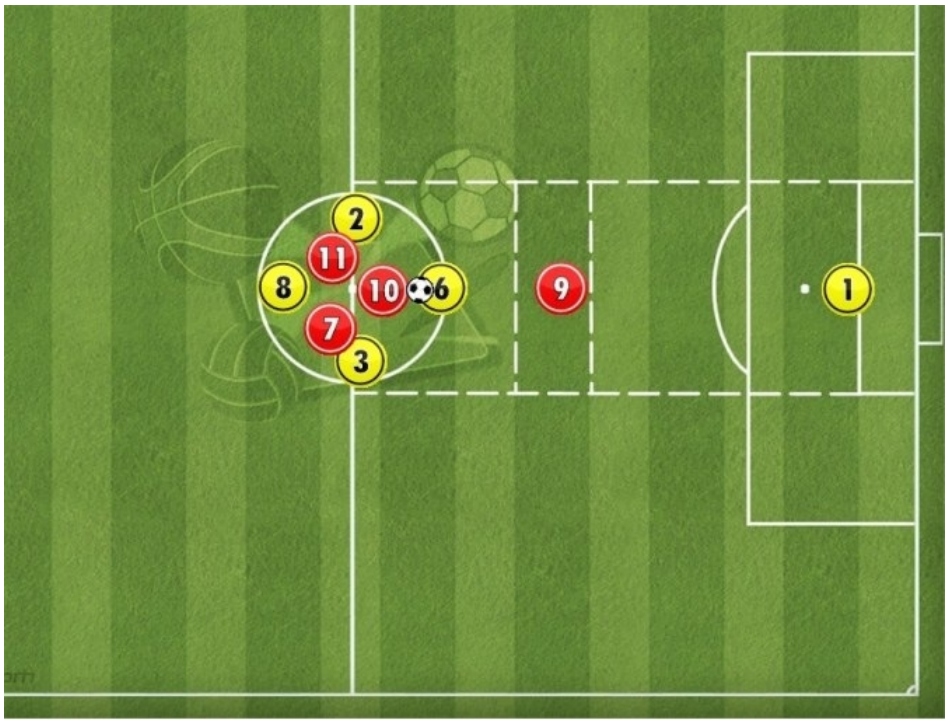


FIGURE 177 - OFFENSIVE TRANSITION: WHEN THE BALL IS RECOVERED, TRY TO GET IT RAPIDLY IN THE CENTRAL CHANNEL WITH THE ATTACKING MID OR THE CENTER FORWARD (FRIDAY)

9.4 SubPrinciple – "With Space and without nearby Opposition, Carry the Ball to Attract Opponents and Leave Teammates Unmarked"

This SubPrinciple reveals that when the ball is recovered and the player has space to carry it, he must do it so, so that his teammates that occupy the three channels can be free of a marker due to the opponent's attraction to the zone where the ball is. This can be done continuously until a player is 1v1 with the opposing keeper and in a scoring position.

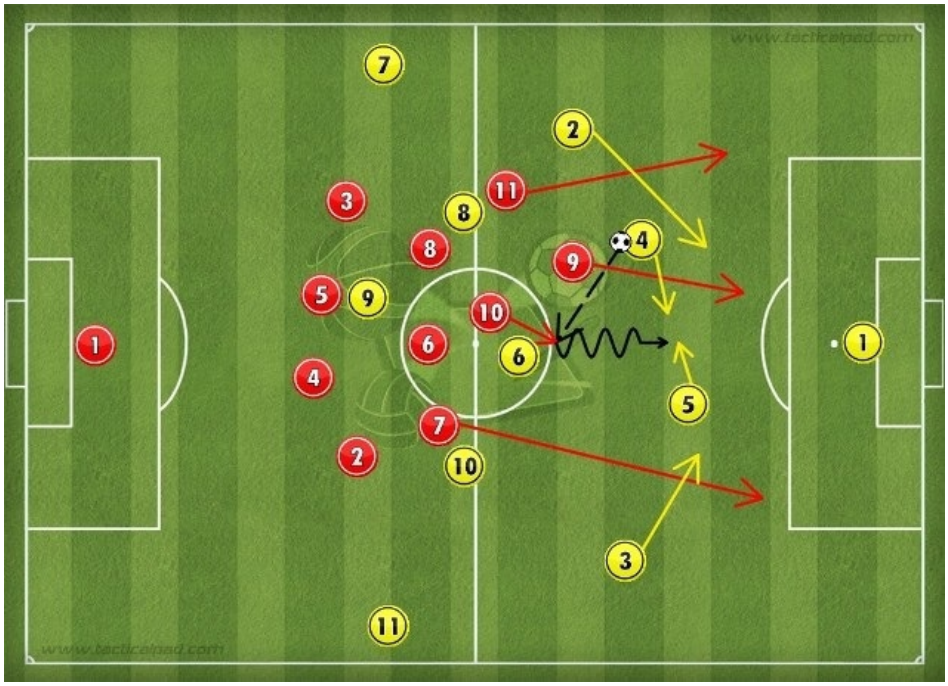


FIGURE 178 - OFFENSIVE TRANSITION: WITH SPACE AND WITHOUT NEARBY OPPOSITION, CARRY THE BALL TO ATTRACT OPPONENTS AND LEAVE TEAMMATES UNMARKED

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 3 v (2+1). The exercise space is 15 yards wide from the box to the edge of the center circle with 3 even lanes. The 3rd yellow player is in center circle.

Description: The 2 yellow players in the exercise space start in box's D and try to pass the ball on the ground to the teammate in the center circle. The three red players work to win possession and, when in possession, they occupy each one of the three lanes. The ball carrier keeps the ball to face a defender closing in. When the defender is near, the ball carrier passes the ball so that the red team crosses the end line (edge of the box) to score. Anytime there is a stoppage, the exercise restarts until the pre-established time.

Scoring: If the red team crosses the edge the box with the ball, it scores a point. If the yellow defenders are able to pass the ball to their teammate in the center circle, they score a point. The team that scores the most points wins.

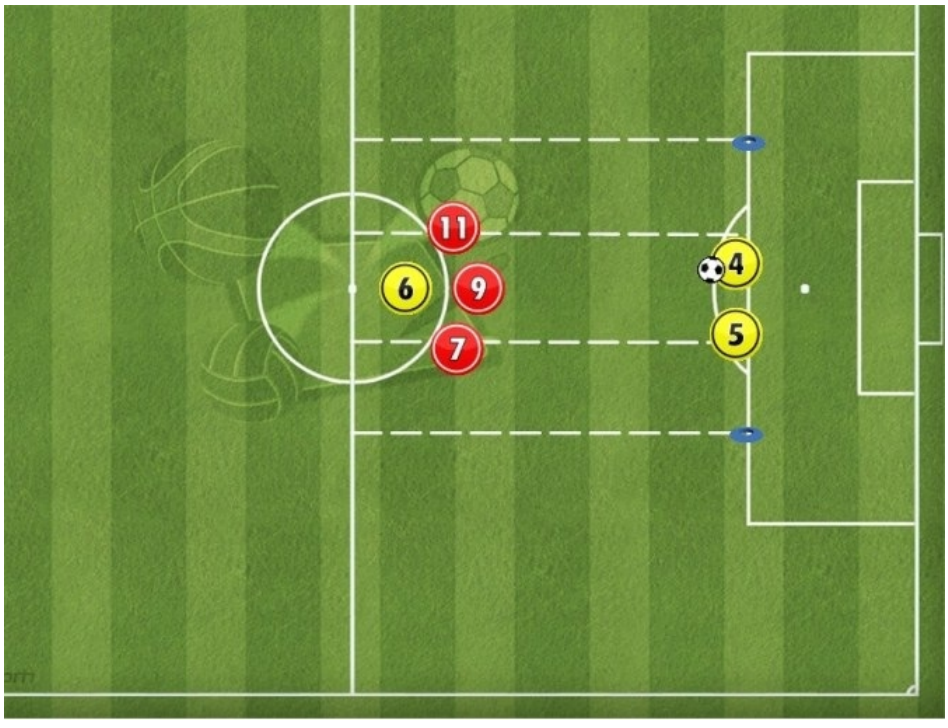


FIGURE 179 – OFFENSIVE TRANSITION: WITH SPACE AND WITHOUT NEARBY OPPOSITION, CARRY THE BALL TO ATTRACT OPPONENTS AND

Leave Teammates Unmarked (Wednesday)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper. Exercise takes place in a full field with a restricted area in the yellow team's half of the same 44x18 yards contiguous to the midfield line.

Description: The exercise starts in the restricted area near midfield with the ball with one of the yellow Center Backs. In the restricted space, there is a game of 6v6 with the yellow team trying to cross the mid-field line with the ball. The red team tries to win possession and cross the line parallel to the midfield line in the yellow team's half. Once the ball is outside the restricted area, all players can get involved. Anytime there is a stoppage, the exercise restarts until the pre-established time expires. At the end of the pre-established time, the teams exchange functions.

Scoring: If the yellow team crosses the midfield line from the restricted area, they score a point. The red team scores a point every time they cross the line parallel to midfield in the yellow half. Each goal is worth 2 points. The team that scores the most points wins.

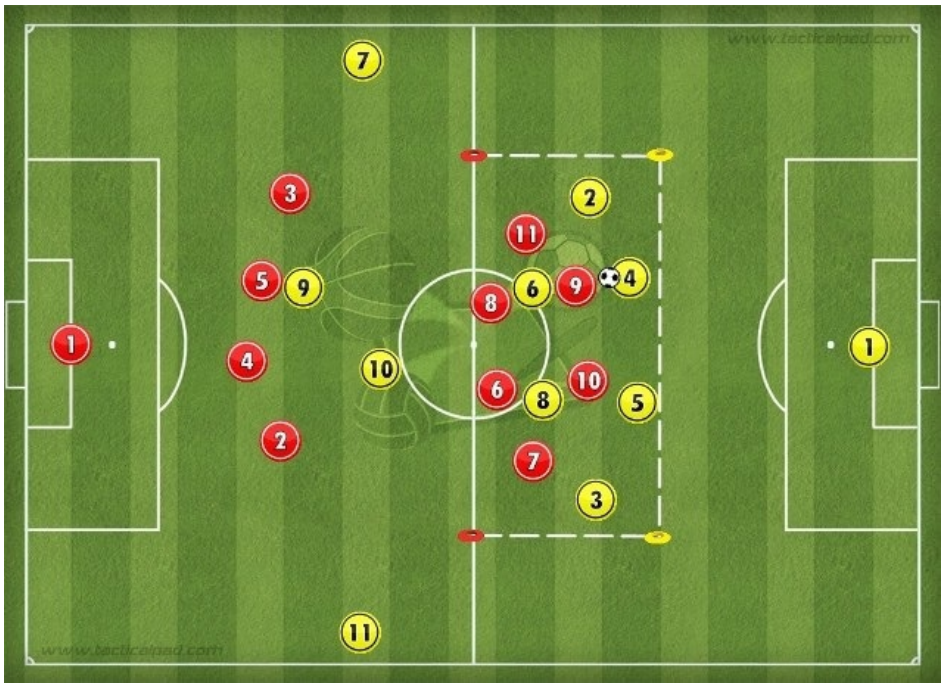


Figure 180 – Offensive Transition: With Space and without nearby Opposition, Carry the Ball to Attract Opponents and Leave Teammates Unmarked (Thursday)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: 3 x (2+1) + Keeper. Exercise field is the length of half field and 20 yards wide. Three lanes are drawn between the center circle and the edge of the box. A game of 3 red v 2 yellow with a 3rd yellow in the center circle.

Description: The two yellow players start in the box D and attempt to pass the ball on the ground to their teammate to the center circle; the 3rd yellow player, upon receiving the ball, tries to score in the goal sitting on the midfield line. The red team tries to win possession; when they do, they immediately occupy a lane with the ball carrier keeping the ball until challenged by an opponent. At that point, the red ball carrier passes the ball to a teammate who will attempt to finish. The yellow player in the center circle may join in the play to help his teammates defend.

Scoring: Once in possession the red team has up to 10 seconds to score. One point is awarded per goal. The team that scores the most points wins.

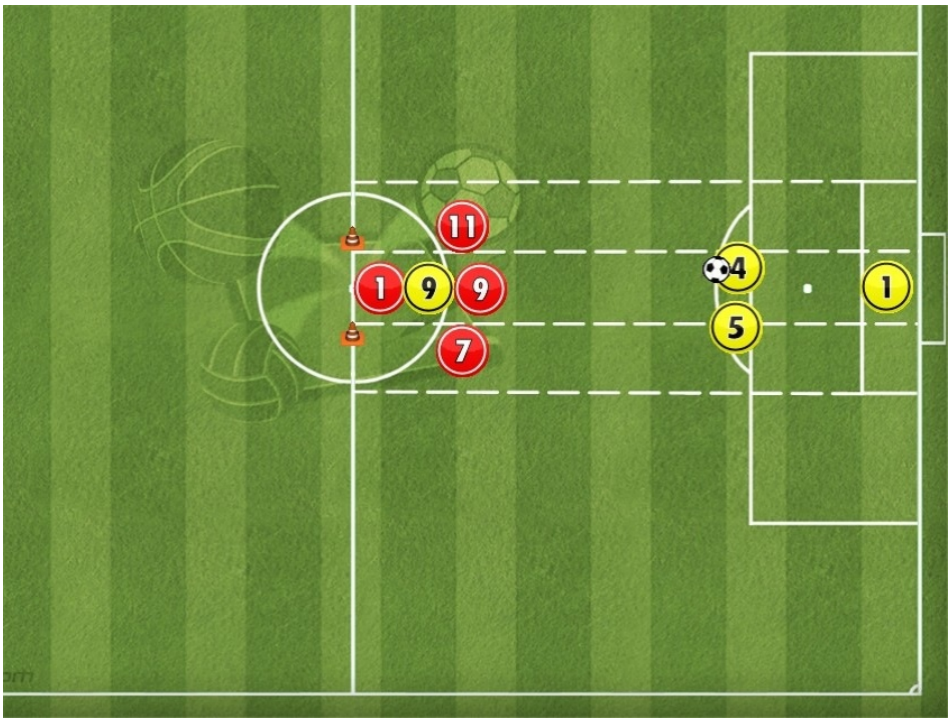


FIGURE 181 – OFFENSIVE TRANSITION: WITH SPACE AND WITHOUT NEARBY OPPOSITION, CARRY THE BALL TO ATTRACT OPPONENTS AND LEAVE TEAMMATES UNMARKED (FRIDAY)

9.5 SubPrinciple – “Take Advantage of the Space behind the Last Line of the Opponent’s Defense”

This SubPrinciple guides **the players to whenever possible place the ball in the spaces behind the Opponents’ Defense**, deep, but always with the certainty to keep possession, taking advantage of the disorganization of the opponent in moment they lost possession.

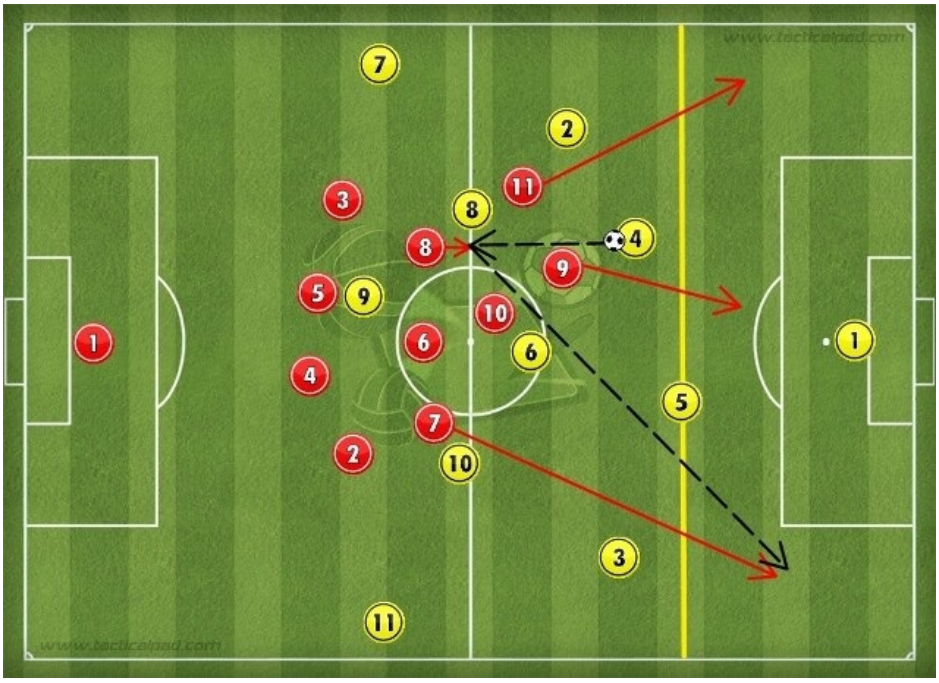


Figure 182 - Offensive Transition: Take Advantage of the Space behind the Last Line of the Opponent’s Defense

Wednesday – Day of the SubPrinciples and of the SubSubPrinciples with the increased tension of the muscular contraction:

Organization: 3v3. 6 cones to set up three goals about 5 yards wide as depicted.

Description: In the center circle, the yellow team tries to score in the goal in that space. If the red team wins possession, it tries to play it deep through the cones outside the circle.

Scoring: Every time a team gets the ball through the cones, it scores a point. At the end of the pre-established time, the team with the most points wins.

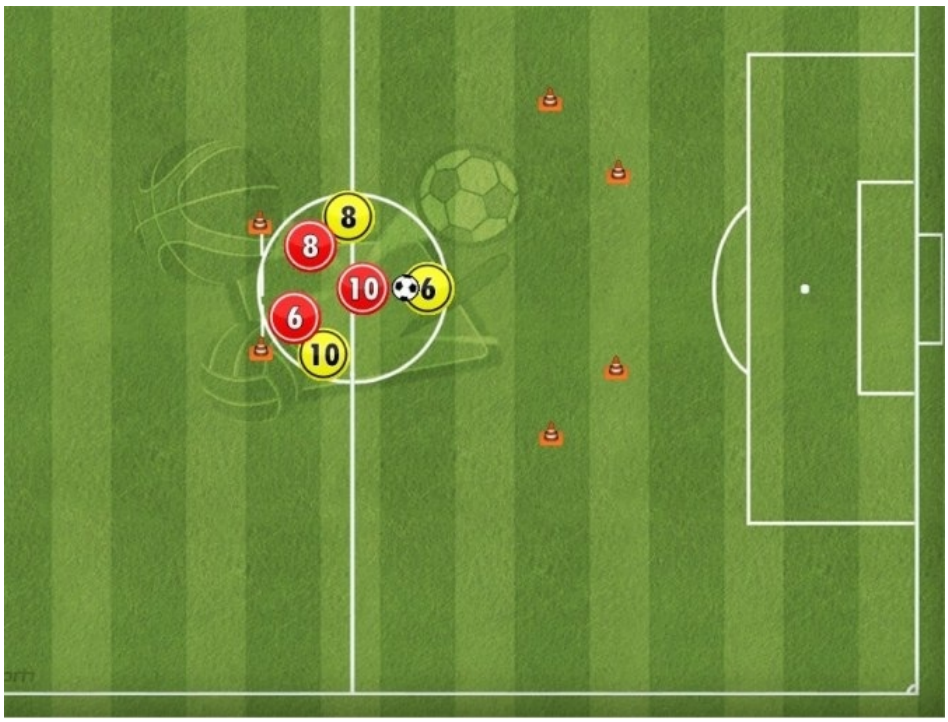


FIGURE 183 – OFFENSIVE TRANSITION: TAKE ADVANTAGE OF THE SPACE BEHIND THE LAST LINE OF THE OPPONENT'S DEFENSE (WEDNESDAY)

Thursday – Day of the MacroPrinciples and of the SubPrinciples with the increased duration of the muscular contraction:

Organization: Keeper+10 v 10+Keeper with 1 Defensive Joker. Play in the full field. The defensive Joker plays in the center circle only. The middle third of the field is marked with a line 25 yards parallel to the midfield as depicted.

Description: In the middle third, the two teams with assistance from the Joker play a game. Every time a team has possession, they may try to play it behind the backs of the opposing defense for the through run of their teammates.

Scoring: Every time a team crosses the opposing team's middle-third defensive line, they score a point. If a team scores a goal, they are awarded 2 points. The team that scores the most points wins.

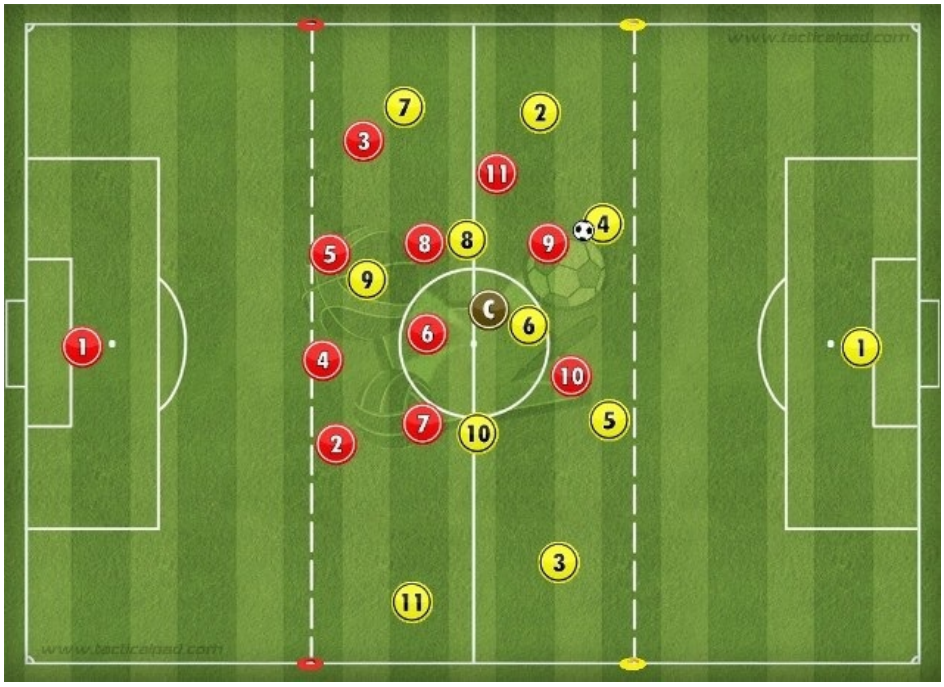


FIGURE 184 – OFFENSIVE TRANSITION: TAKE ADVANTAGE OF THE SPACE BEHIND THE LAST LINE OF THE OPPONENT'S DEFENSE (THURSDAY)

Friday – Day of the SubPrinciples and of the SubSubPrinciples with the increased speed of the muscular contraction:

Organization: 2 v 3 and Keeper+1 v 2. 2 cones set up a 5 yards wide goal in the circle. 25x5 yard restricted area.

Description: In the center circle the two yellow players try to score on the 3 red players in between the cones. The red team tries to gain possession and play the ball deep for the run in of its two Wingers who are challenged by one yellow player. The red team tries to score in the big goal within 10 seconds of connecting the pass from the center circle to the one of the Wingers.

Scoring: The yellow team gets one point if they pass the end line between the cones of the red team. The red team scores one point for each goal they score. The team that scores the most points in the pre-established time wins.

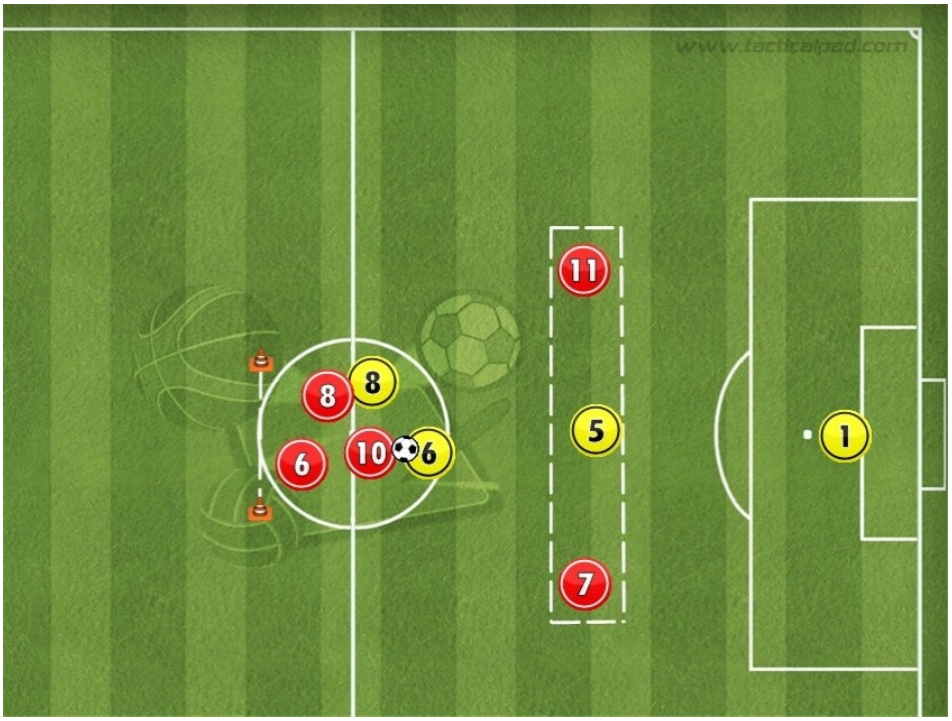


FIGURE 185 – OFFENSIVE TRANSITION: TAKE ADVANTAGE OF THE SPACE BEHIND THE LAST LINE OF THE OPPONENT'S DEFENSE (FRIDAY)

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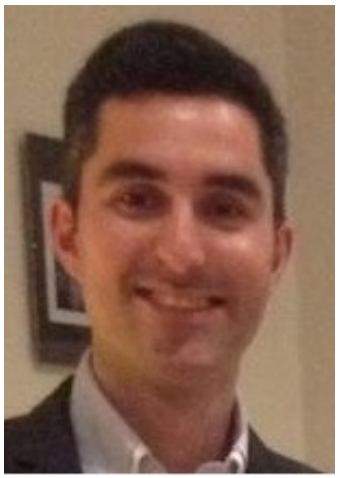
Glossary of Key Terms

Term	Definition
Tactical Periodization	Tactical Periodization is a football/soccer training methodology created by Professor Vítor Frade in Portugal. It focuses on the operationalization of a specific way of playing through the creation of a Game Model. Tactical Periodization focuses on integrating the four components of the game (Mental, Physical, Tactical, and Technical) with the four Moments of the Game (Offensive Organization, Defensive Transition, Defensive Organization, Defensive Transition).
Idea of the Game	Idea of the Game is the style that the coach as well as the players have in mind and would like the team to execute in competition. For that to occur, the coach must systematize his Idea of the Game in Principles, SubPrinciples and SubSubPrinciples to make it more clearly to himself and his players.
Game Model	The Game Model is everything because it is the Idea of the Game plus the circumstances of the reality in which we live. The Game Model is, therefore, the attempt to create the Idea of the Game that the coach has.
Exercises	Exercises are specific to our way of playing if the players understand their objectives and their purposes in relation to our play.
Our Play / Way of Playing	Way of playing is the translation to the Portuguese word “jogar” which literally means play. Our play or our way of playing is the “jogar” the methodology referred to that must be specified through a Game Model. Tactical Periodization, training must lead to learning a certain way of playing because any style of play is possible through this methodology. To use the Tactical Periodization as a training methodology it is fundamental to have an Idea of the Game and organize it in a systematic way to be able to operationalize at a group level, by sector, inter-sector, intra-sector and individually. Per Frade, the Tactical Periodization has the “categorical imperative” of Specifity of the Idea of the Game.

Moments of the Game	The different Moments of the Game are: Offensive Organization, Defensive Transition, Defensive Organization, and Offensive Transition.
Principles of the Game	The Principles are patterns of intentionality in relation to the game we pretend to play and they support the criteria shown by the various team levels such as individual, sectorial, inter-sectorial, and group. By occurring regularly, the Principles are going to create an identity and functionality in the various Moments of the Game. The Principles will also appear as ideals of interaction, both of cooperation and conflict that must occur regularly.
Standard Morphocycle	Standard Morphocycle is a Weekly Cycle Training Pattern. The literal translation from the Portuguese *Morfociclo Padrão* is "Standard Morphocycle". Morphocycle is composed of two words *Morpho* which means "shape" and *cycle* because it has to be repeated. Pattern is what guarantees at all times the presence of our Idea of the Game we want to play through repetition.

About the Author: Pedro Mendonça

SEASON	CLUB	LEVEL
2007/2008	FC Avintes	Women's National League D2
2008/2009	CD Candal	U14
2009-2013	Lusitano FC (VRSA)	U12 (2009-2011); U15/U17 (2011/2012); U19 (2012/2013)
2012/2013	Lusitano FC (VRSA)	Professional
2012/2013	Algarve United	Professional
2013/2014	Real Madrid Foundation	Youth Coach
2013/2014	FC Porto	Scout Coordinator - Algarve
2014/2015	FC Porto	Technical Coordinator - Algarve Dragon Force Football School



Pedro Mendonça is a Porto native. He played youth soccer for FC Porto and SC Salgueiros until joining the ISMAI to pursue his education in Physical Education with a specialty in futebol (soccer) in 2007. Pedro is currently pursuing his Master's degree in Sports and Physical Performance at the University Pablo de Olavide in Spain. He obtained the UEFA B license in 2007.

Currently Pedro is the Coach of the Real Madrid Foundation in the Escola Sócio-Desportiva de V.R.S.A e Castro Marim. He will become the

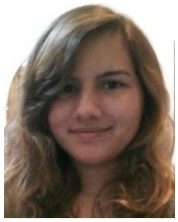
Technical Coordinator of FC Porto's Algarve Dragon Force Football School in August 2014.

He started as the Coach for FC Avintes in 2007 (Women National League D2), and has since had stints coaching youth clubs from ages 10-18 as well in the professional league.

Pedro is also the author of "50 Exercicios de Treino", "Game Model of Louis van Gaal" (English and Portuguese versions) and has had this book published as an eBook and hardcopy in its original Portuguese as well as in Spanish (eBook). He is also the leader and moderator of the blog "Como Treinar Futebol" ("How to Coach Football").

The English Version Editors: Tony Almeida & Courtney Almeida

Tony Almeida – a native of Mozambique, of Portuguese descent, Tony has played and coached the game at all levels, in Africa, Europe and USA. He holds a NSCAA Premier badge and is currently the General Manager and Director of Coaching of FC Porto of Kansas a non-profit soccer club based in the Greater Kansas City area, USA. Tony is fluent in four languages and holds degrees in Computer Engineering and Economics from The University of Michigan.



Courtney Almeida – a native of Kansas, Courtney played soccer until the age of thirteen. She graduated with a National Hispanic Scholar award from Blue Valley Northwest in 2013. Courtney attended Emerson College in Boston her freshman year recently transferring to Kansas State University to pursue her studies in English and Marketing.

[1] Professor Vitor Frade – is a retired lecturer of the Sports University of Porto (Portugal) and the father of Tactical Periodization. He developed this methodology in 1988 while writing his dissertation. Prof. Frade is currently FC Porto's Youth Development Methodology Coordinator.

[2] Way of playing is the translation to the Portuguese word "jogar" which literally means "play". Our play or our way of playing is the "jogar" the methodology refers to that must be specified through a Game Model.

[3] Jose Mourinho – applied this methodology since becoming the Head Coach first at Benfica, then Uniao de Leiria and subsequently very successfully at FC Porto (UEFA and Champions League titles first two seasons), Chelsea (two Premiership titles first two years and Champions League semi-finalist twice), Inter Milan (two Italy Scudettos and one Champions League in two seasons) and Real Madrid (one Liga, one King's Cup and one Super Cup in two seasons). The methodology is recognized by Mourinho has having brought him instant success.

[4] Andre Villas-Boas – was a youth coach at FC Porto before becoming Jose Mourinho's Assistant Coach has been applying this methodology once he became Head Coach at Academica, FC Porto, Tottenham Hotspurs and FC Zenit St Petersburg. Villas-Boas ended up winning every trophy at FC Porto including being undefeated in Portugal's Liga and wining the Europa League.

[5] Vitor Pereira – was Villas-Boas Assistant Coach also applied this methodology and won Portugal's Liga with FC Porto in his first two years as Head Coach.

[6] Standard Morphocycle is a Weekly Cycle Training Pattern. The literal translation from the Portuguese "Morfociclo Padrão" is "Standard Morphocycle". Morphocycle ("Morfociclo") is composed of two words "Morpho" which means "shape" and "cycle" because it has to be repeated; "Pattern" is what guarantees at all times the presence of our Idea of the Game we want to play through repetition. In this book we will refer to the "Morfociclo Padrão" as Standard Morphocycle.

[7] Exercising Contexts is the translation of "Contextos de Exercitacao" which refers to the exercises used in this methodology.

[8] Idea of the Game is referring to the Idea of the Game the coach wants his team to play.

[9] Xavier Tamarit is a professional soccer coach with degrees in Physical Education and Sport from the Universities of Valencia (Spain) and Porto (Portugal). He is the author of two books in Spanish about Tactical Periodization. Tamarit was the youngest coach leading a team in La Liga while Assistant Coach to Mauricio Pellegrino at Valencia C.F.

[10] Articulation of Sense implies that all Methodological Principles are related to each other therefore, the Coach must always contemplate the Principles simultaneously.

[11] Jorge Maciel - a graduate from The University of Porto Sports Science Department with emphasis in High-Level Competition (soccer), Jorge Maciel until 2010 was a youth coach in numerous clubs including FC Porto's Dragon Force. Prof. Maciel was the Assistant Coach at Al Ittihad Tripoli to Baltemar Brito (former Assistant Coach to Mourinho at FC Porto and Chelsea); he is now the Assistant

Coach at CF Belenenses in the Portuguese professional league. He is the author of “Don’t kill the good football and those who play it” (2011, in Portuguese).

[12] A fractal is a shape that keeps its characteristics when divided into smaller parts.

[13] J. Maciel

[14] Jose Guilherme Oliveira - Prof. Oliveira’s notoriety came from obtaining four National titles as FC Porto’s Youth Development coach. He was a member of Portugal World Cup Coaching Staff in 2010 and has coached in Academica and FC Porto B (2013) in the Portuguese professional league. Prof. Oliveira is also an Assistant Professor at the University of Porto Sports Science Department with emphasis in Soccer.

[15] Marisa Silva - a graduate from The University of Porto Sports Science Department with emphasis in High-Level Competition (Soccer), Marisa has coached FC Porto’s youth teams as well as been the coordinator of the youth development program. Marisa has the UEFA B license and is currently a member of the Portugal Youth Women’s National Teams staff. She is the author of “The development of the way of playing using the Tactical Periodization” (MCSports, in Portuguese).

[16] J. G. Oliveira.

[17] Meso dimensions are the intermediate principles in of the Game of Football. They refer to the principles between the Macro (big) and Micro (small).

[18] O. Cano – is a Spanish Coach who has led Salamanca, Melilla and Real Betis (since 2012). Cano has published three books all in Spanish: “The Game Model of FC Barcelona” (2010), “The Positional Game of FC Barcelona” (2012), “The Game Model of the Real Madrid of Mourinho” (2013).